

welcome to
**toddler
town**

Wholesome recipes to nourish
your growing little one





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There's nothing quite like it, where the residents may be little but the emotions and growth spurts are BIG.

LET LITTLEOAK GIVE YOU A HELPING HAND...

Let's face it, mealtimes with toddlers can be tough. We wanted to make it a little easier for you, so we've curated a collection of nutritious recipes using beautiful fresh ingredients and your favorite LittleOak Toddler Milk. All are carefully crafted by leading nutritionists to truly nourish your little one to grow big and strong.

Oh so **easy**, oh so **wholesome**, and **toddler-friendly**.





Strawberry milkshake

Ingredients

- 200mls of pre-mixed LittleOak Toddler Milk
- 1/2 small banana
- 3 medium strawberries
- 1 date

Instructions

1. Blend until smooth and serve.
2. For 12 months plus.



Turmeric milk

As parents, we often feel helpless when our little ones are unwell with runny noses and watery eyes.

Turmeric, with its immune-boosting compound curcumin, offers family-wide benefits, including antioxidant, anti-inflammatory, digestive, and antimicrobial properties.

Ingredients

- 200mls pre-mixed LittleOak Toddler Milk
- 1/8 teaspoon turmeric powder
- ¼ teaspoon pepper powder
- 1 teaspoon coconut sugar or maple syrup

Instructions

- Add to a medium saucepan and heat until warmed through. Serve on first signs of a cold. For children aged 12 months plus.
- If introducing turmeric, add less turmeric and build up to 1/2 teaspoon once tolerated well. If symptoms persist, consult with your family Physician or GP for professional medical advice.



Chia seed pudding



We love easy, healthy, ready to go recipes, and we know you do too. Being busy parents, we know how hard it is to think of new recipes for our little ones, so we have done the work for you.

Ingredients

- 200mls LittleOak Toddler Milk
- Frozen fruit of your choice (pureed or cut into small pieces)
- ¼ cup of chia seeds
- 1 tbsp of honey or pure maple syrup

Instructions

1. In a small bowl or jar, add your LittleOak Toddler Milk to the chia seeds. Stir in the honey or maple syrup and spoon your frozen fruit of choice on top.
2. Leave your chia puddings to set in the fridge for at least 8 hours. Once set, remove it from the fridge, and send us a photo of your little one enjoying their LittleOak creation.



Immunity Smoothie

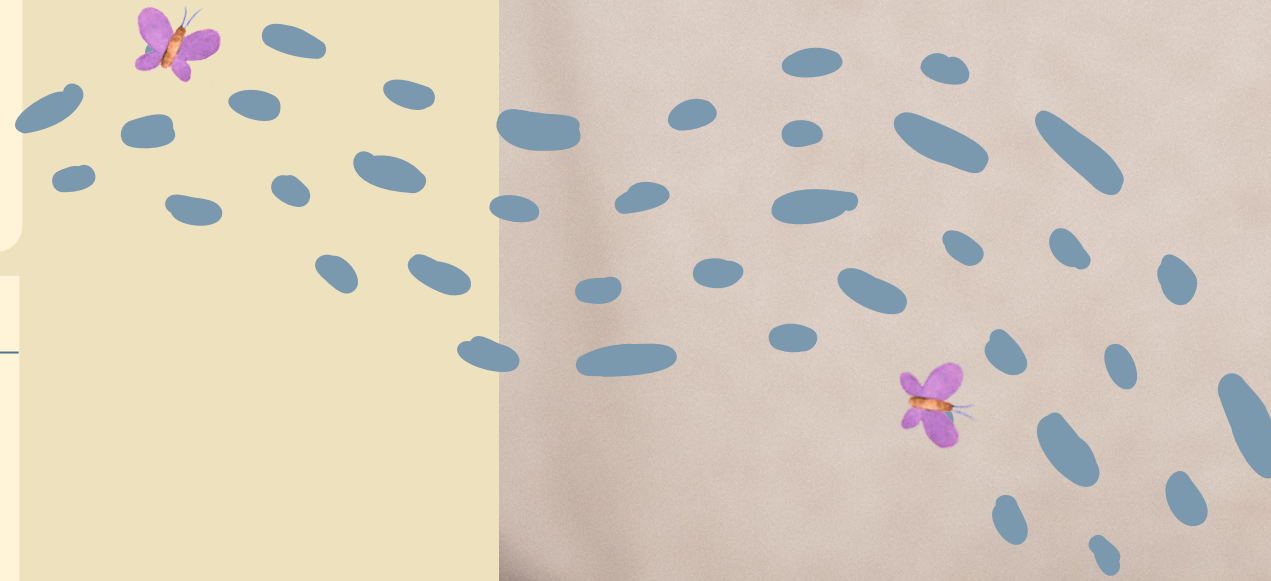
So, whether you're arming your toddler for the cold and flu season or just aiming for good, year-round health, we find this super-boosted smoothie tastes great and is full of all the nutrients to keep you and your family healthy and happy.

Ingredients

- 25g of walnuts (a small handful)
- 250ml of water (one cup)
- 1 frozen banana (frozen bananas are best for smoothies. They give a beautiful creamy texture)
- 2 scoops of LittleOak Toddler Milk (adds extra creaminess and is packed with prebiotics which provides anti-inflammatory and anti-infection properties)
- 2 pitted dates
- 2 teaspoons of cacao powder
- 1 good dollop of almond butter
- Cinnamon or cacao nibs to serve

Ingredients

Add all the ingredients to a large blender and blend until smooth and creamy.



Oat muffins



Ingredients

- 1 cup oats
- 200mls of premixed LittleOak Toddler Milk
- 1 cup whole wheat white flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ¼ cup maple syrup
- ¼ cup unsweetened apple sauce
- 1 large egg
- 1 teaspoon vanilla
- ⅔ cup raisins

Instructions

- Preheat oven to 170 degrees and grease 2x12 muffin trays with coconut oil.
- Set aside. Place oats in a medium bowl and add LittleOak Toddler Milk.
- Allow the oats to soak while you prepare the rest of the muffins.
- In a separate large bowl, mix the flour, baking soda, salt, and cinnamon.
- Add the maple syrup, apple sauce, egg, and vanilla to the bowl with the soaked oats and stir to combine.
- Add the wet ingredients to the dry ingredients and stir to combine.
- Mix in the raisins. The batter will be very runny.
- Fill the mini muffin tin. Each cup should be filled almost to the top.
- Bake at 170 degrees for 13-15 minutes, until done.

For children 12 months plus. If not confident feeding them raisins just yet, leave them out of this recipe.



Secret banana chocolate smoothie

Ingredients

- 1/2 ripe banana
- 1 tsp vanilla extract
- 2 tsp almond butter
- 1/2 cup chopped raw zucchini
- 1 tsp raw cacao powder
- 2 Medjool dates
- 1/2 cup LittleOak Toddler Milk
(pre-mixed following the box instructions)

Instructions

- Add all the ingredients to a large blender and blend until smooth and creamy.
- Refrigerate for up to 12 hours or serve right away.



Recipe created by Marie Belin,
Nutritionist, CORE Holistic Nutrition

Energy Balls

Ingredients

- 1.75 cup rolled oats
- 3/4 cup sunflower seed butter
- 1/4 cup maple syrup
- 1/2 cup sunflower seeds
- 1/4 cup chopped walnuts
- 1/4 cup sliced almonds
- 1/4 cup freshly ground flaxseed
- 1/4 tsp unrefined sea salt
- Optional: 1 tsp LittleOak Toddler Milk
- Optional: 1 tbsp mini dark chocolate chips

Instructions

- Add all the ingredients to a large bowl and combine thoroughly.
- Leave the mixture in the fridge for about an hour, then roll into small bite-sized balls with your hands or using a scooping spoon.
- Store in a glass container in the fridge for about a week, or in the freezer for up to 3 months.

Recipe created by Marie Belin,
Nutritionist, CORE Holistic Nutrition



Sugar-free granola

Ingredients

- 100g rolled oats
- 40g unsweetened coconut flakes or shredded
- 50g raw pumpkin seeds
- 50g pecan nuts
- 1 tsp ground cinnamon
- 1/4 tsp unrefined sea salt
- 90g (2/3) ripe, mashed banana
- 20ml (4 tsp) coconut oil

Recipe created by Marie Belin,
Nutritionist, CORE Holistic Nutrition

Instructions

- Preheat oven to 160°C.
- In a large bowl, combine the oats, coconut flakes, pumpkin seeds, pecan, cinnamon, and sea salt.
- Add the mashed banana and coconut oil to the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- Transfer the mixture evenly on a baking tray lined with parchment paper. Press down slightly and place in the oven for 7 minutes.
- Bake for 40-45 minutes, checking and tossing every 15 minutes.
- Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove it from the oven.
- As it cools it will crisp up even more, so do not over-bake.
- Once cooled, store in an airtight container at room temperature for up to one week, or store in the freezer for a few months.
- Serve it with Greek yogurt, oatmeal, chia pudding, LittleOak Toddler Milk, or plant-based milk in a bowl, with fresh fruit.
- You can also eat it on its own as a snack on the go.



Baked french toast bites

Ingredients

- 1 cup LittleOak Toddler Milk
- 2 eggs
- 1 tsp cinnamon
- 4 slices of bread of choice
- 1 banana

Recipe created by Kelsey Biffert,
Nutritionist, Modern Munch Nutrition

Instructions

- Preheat the oven to 350F, grease a muffin tin well (or use muffin liners).
- Cut slices of bread into cubes, and place in a large bowl. Whisk together eggs, milk and cinnamon in a shallow bowl.
- Pour egg/milk mixture on top of bread cubes, and toss to cover.
- Evenly distribute the bread mixture into a muffin tin. Bake for 25-30 minutes until golden brown.
- Top with sliced bananas and maple syrup for a tasty breakfast your toddler will love!



Boasted Banana Bars



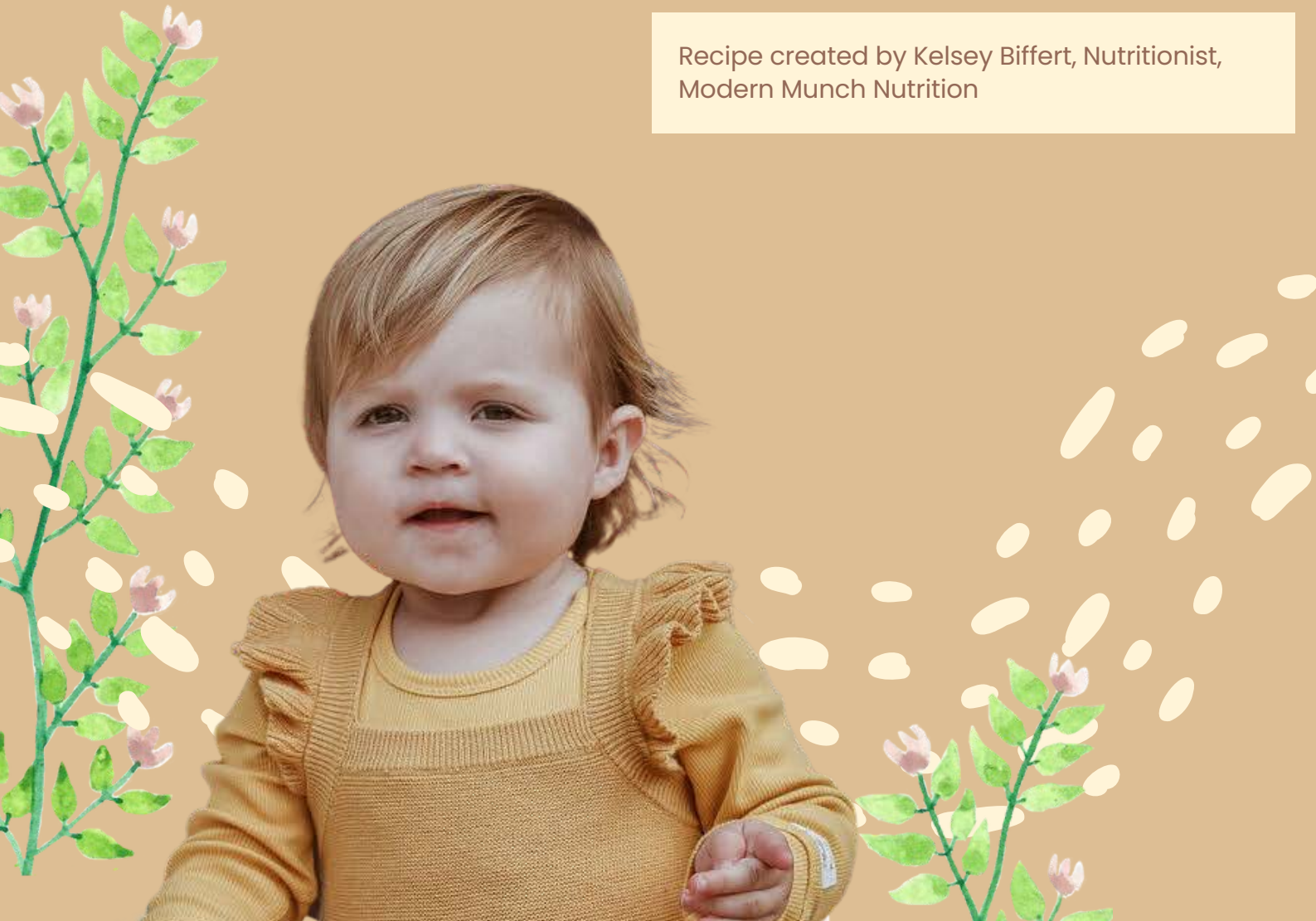
Ingredients

- 3 very ripe bananas
- ½ cup coconut sugar
- ¼ cup LittleOak Toddler Milk
- 1 egg
- 1 tbsp olive (or coconut) oil
- 1 tsp vanilla
- 1 cup flour
- ½ tsp baking soda
- 1 tsp baking powder
- ½ tsp cinnamon
- Optional - chopped dark chocolate

Instructions

- Preheat the oven to 350F
- Line an 8x8-inch baking pan with parchment paper.
- Mash bananas in a large bowl.
- Whisk in coconut sugar, milk, eggs, oil & vanilla until well blended.
- Add the flour, baking soda, baking powder, and cinnamon and gently stir until just combined
- (do not overmix).
- Scoop batter into a baking pan and spread evenly.
- Top with dark chocolate chunks if desired.
- Bake for 15-20 minutes, or until a toothpick comes out clean.
- Allow to cool, and cut into squares.
- Serve as a delicious healthy option in your toddlers' lunchbox!

Recipe created by Kelsey Biffert, Nutritionist,
Modern Munch Nutrition



Frozen peach mango pouches

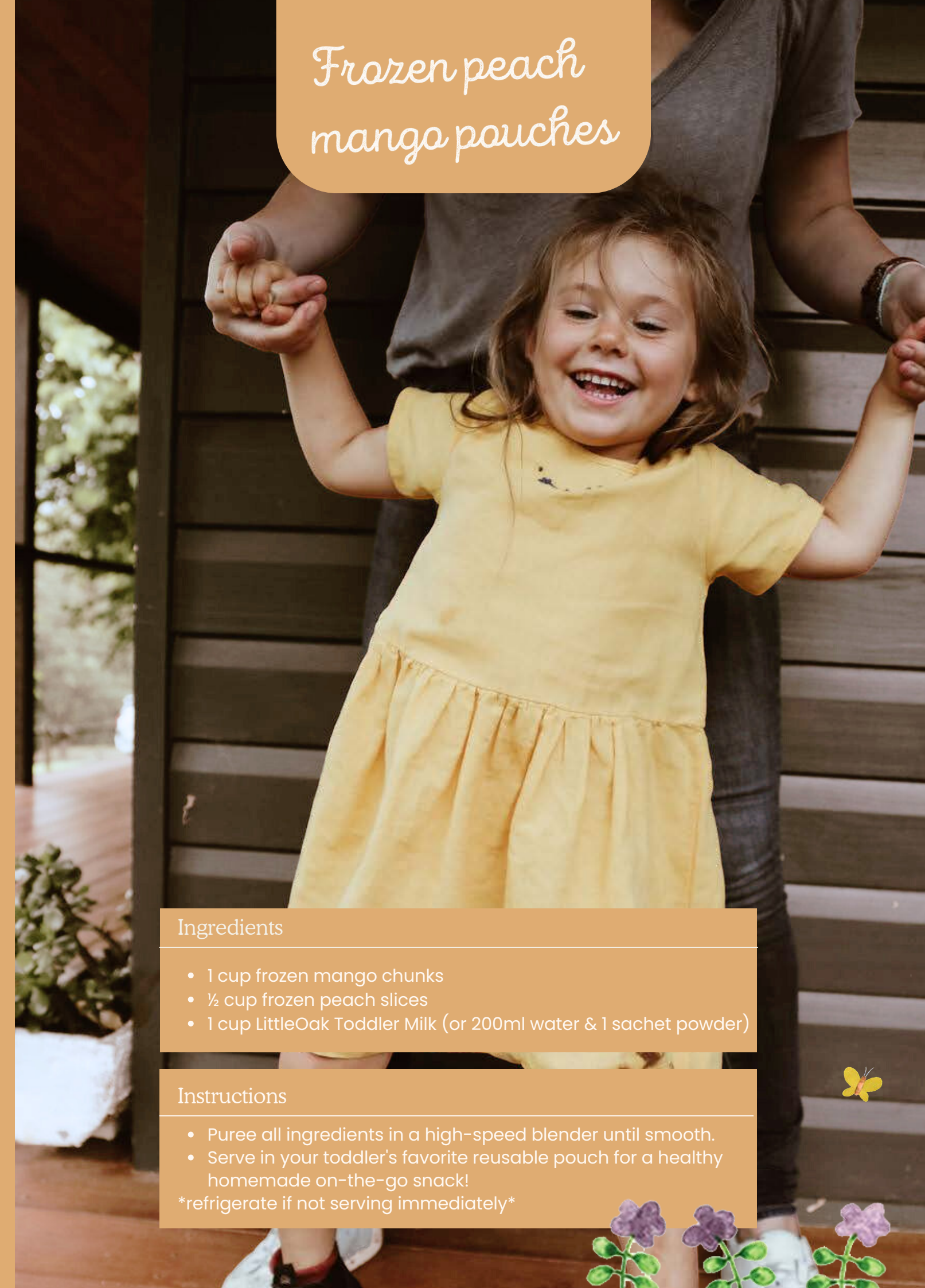
Ingredients

- 1 cup frozen mango chunks
- ½ cup frozen peach slices
- 1 cup LittleOak Toddler Milk (or 200ml water & 1 sachet powder)

Instructions

- Puree all ingredients in a high-speed blender until smooth.
- Serve in your toddler's favorite reusable pouch for a healthy homemade on-the-go snack!

refrigerate if not serving immediately



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Flaxseed Oil

Naturally A2

100% Palm Oil Free

From Fresh Whole Goat Milk

Prebiotics

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