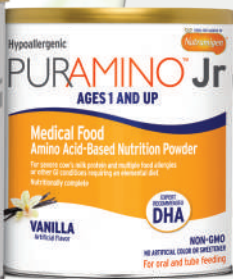


PURAMINO

QUICK AND EASY ALLERGEN-FREE RECIPES





Raquel Duran, RD

THIS COOKBOOK WAS CREATED WITH EMPATHY, LOVE, AND JOY FOR THOSE NAVIGATING THE WORLD OF FOOD ALLERGY.

With the help of my family and friends, every recipe has been taste-tested and kid approved! Whether you are a seasoned cook or new to a restricted diet, these recipes are a springboard to get your creative juices flowing.

Through nutrient dense, tasty, and inclusive recipes, the whole family can enjoy a single meal! No more short order cooking in your house. Food allergy is known to come with a great burden of care. Whether you are making separate meals, providing safe foods for a school function, or the numerous other safety needs of your loved one, let me carry some of that weight.

Each recipe is adaptable to various food restrictions and food preferences.

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.

Think of us cooking side by side, experimenting with what works for your needs. I give you permission to get messy, creative, and please give yourself grace. You are creating medical food for a prescribed diet – that's tough even with expert guidance. I started my creative process by trying the formula mixed as the can recommends. How does it smell? How does it taste? Vanilla and Unflavored both lend their own flavor profile to a recipe.

A family favorite in my house is the avocado pesto. My girls also liked the yogurt drops – so much versatility with these as well. You can use any plant-based yogurt, vanilla, or unflavored PurAmino and any fruit or even toss in some vegetables!

Focus on what can be eaten rather than the restrictions, and you will be free to create!

Raquel Durban, MS, RD, LD/N



The recipes and nutrient profiles for each recipe are included to support the nutritional status of patients diagnosed with pediatric food allergies. These are only a guide; Nutrition facts may vary based on brand used or further customization.

Registered Dietitian and pediatric allergy expert Raquel Durban, MS, RD, LD/N developed the recipes and nutrient profiles as a paid consultant to Mead Johnson Nutrition.

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Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider. SunButter is a registered trademark of an entity unrelated to Mead Johnson & Company, LLC.

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Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



24 servings
per recipe



Serving size:
1 muffin



15 min
Prep Time



15 min
Bake Time

Bite-Sized Muffins

INGREDIENTS:

- 2 cups 1:1 gluten-free baking flour*
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ tsp cinnamon
- $2\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 tsp apple cider vinegar
- $\frac{1}{3}$ cup vegetable oil (coconut oil may also be used but must first be brought to room temperature to avoid clumping)
- 8 fl oz water
- 2 tsp vanilla extract (alcohol free)
- $\frac{3}{4}$ cup frozen blueberries
- 11 scoops PurAmino™ Infant or PurAmino™ Jr

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Grease miniature muffin tins (optional: add liners).
3. In a medium mixing bowl, whisk together flour, sugar, cinnamon, baking powder, baking soda, and salt.
4. In a separate mixing bowl, stir together wet ingredients: oil, water, vanilla extract, apple cider vinegar and PurAmino.
5. Pour wet ingredient mixture into dry ingredient mixture and stir slowly until just combined. It will be thick.
6. Scoop batter into muffin tins (fill to the top).
7. Sprinkle frozen blueberries on top of each muffin. You can push them down, but they will sink in during cooking.
8. Bake for 15 minutes or until a toothpick can be inserted in the center and comes out clean.

Store at room temperature in an airtight container for up to 3 days.

* Contains xanthan gum.



8 servings
per recipe



Serving size:
15 drops



5 min
Prep Time



60 min
Freeze Time

Yogurt Drops

INGREDIENTS:

- 1 individual plant-based yogurt (approx. 5 ounces)
- 6 scoops PurAmino™ Infant or PurAmino™ Jr
- 1 individual puree pouch: carrot, sweet potato, and beet blend (or your preference)

INSTRUCTIONS:

1. Line a small baking sheet with parchment paper; set aside.
2. In bowl, combine all ingredients and stir well.
3. Spoon or pipe* penny-sized dots onto baking sheet.
4. Place entire baking sheet flat in the freezer. Freeze for at least 1 hour.
5. Once frozen, remove dots from parchment paper.

Store in freezer in zip-top bag for up to 1 month.

* Create your own piping bag using a zip-top bag. Pour mixture into bag, then cut off one of the corners to create a hole.



3 servings
per recipe



Serving size:
2 pieces



5 min
Prep Time



30 min
Chill Time

Apricot Bites

INGREDIENTS:

- $\frac{3}{4}$ cup dried apricots
- $\frac{1}{2}$ cup dried shredded coconut, unsweetened
- 3 scoops PurAmino™ Jr Vanilla

If using PurAmino™ Jr Unflavored, add $\frac{1}{2}$ tsp vanilla extract.

INSTRUCTIONS:

1. Place all ingredients into food processor and pulse until ingredients are well mixed.
2. Divide mixture into 6 equal portions and roll into balls.
3. Refrigerate for 30 minutes to firm.

Store in refrigerator in an airtight container for up to 3 days or freeze for up to 1 month. Best enjoyed cold, after thawing in refrigerator.



16 servings
per recipe



Serving size:
1 piece



5 min
Prep Time



30 min
Chill Time

Chocolate Bites

Due to ingredients, this recipe is recommended for children ages 1 and up.
Ask your child's doctor before feeding to younger infants.

INGREDIENTS:

- 1 can (15 ounces) black beans, drained and rinsed
 - 3 Tbsp honey
 - 1 Tbsp oil
 - ½ cup cocoa powder, unsweetened
 - ½ cup allergen-safe chocolate chips
 - 1½ cups old fashioned rolled oats
 - 4 scoops PurAmino™ Jr Vanilla
- If using PurAmino™ Jr Unflavored, add ½ tsp vanilla extract.*

INSTRUCTIONS:

1. In a food processor, combine beans, honey, oil, and cocoa powder; pulse until a paste forms.
2. In a separate mixing bowl, combine chocolate chips, oats, and PurAmino Jr.
3. Pour bean mixture into bowl and mix thoroughly until ingredients are well combined.
4. Divide mixture into 16 equal portions and roll into balls.
5. Refrigerate for 30 minutes to firm.

Store in refrigerator in an airtight container for 3 days or freeze for up to 1 month. Best enjoyed cold, after thawing in refrigerator.



12 servings
per recipe



Serving size:
1 piece



5 min
Prep Time



60 min
Freeze Time

SunButter[®] Bites

INGREDIENTS:

- 6 Tbsp SunButter
- 3 Tbsp maple syrup
- 3 Tbsp coconut oil
- ¼ cup cocoa powder, unsweetened
- ½ tsp vanilla extract
- 6 scoops PurAmino™ Jr Vanilla

INSTRUCTIONS:

1. Allow all ingredients to come to room temperature. In a medium bowl, mix SunButter and oil with a spoon or spatula.
2. Add the remaining ingredients and mix thoroughly by hand.
3. Divide mixture into 12 equal portions and roll into balls.
4. Refrigerate for 30 minutes to firm.
5. Place in the freezer for at least 60 minutes.

Store in refrigerator in an airtight container for 3 days or freeze for up to 1 month. Best enjoyed cold, after thawing in refrigerator.



6 servings
per recipe



Serving size:
¼ cup



15 min
Prep Time
(includes
cooling time)

Beet Puree

INGREDIENTS:

- 1 cup beets, canned
- 1 cup cauliflower, chopped
- ½ cup applesauce, unsweetened
- 4 scoops PurAmino™ Infant

INSTRUCTIONS:

1. Using a steamer basket over boiling water, steam cauliflower until tender.
2. Allow to cool (approx. 10 minutes).
3. Place all ingredients into blender or food processor and pulse to desired thickness.

Store covered in the refrigerator for up to 3 days.



3 servings
per recipe



Serving size:
3 Tbsp



30 min
Prep Time
(includes
cooling time)

Spinach & Carrot Puree

INGREDIENTS:

- 1 cup spinach, fresh (packed)
- 10 baby carrots, chopped into pieces
- 1 medium potato, peeled and diced
- 3 scoops PurAmino™ Infant

INSTRUCTIONS:

1. Using a steamer basket over boiling water, steam carrots and potato until tender. Add spinach near end of steaming to thoroughly wilt.
2. Allow steamed produce to cool (approx. 10 minutes).
3. Place all ingredients into blender or food processor and pulse to desired thickness.

Store covered in the refrigerator for up to 3 days.



1 serving
per recipe



Serving size:
6 fl oz



5 min
Prep Time

Chocolate Smoothie

Due to protein content, this recipe is recommended for teens ages 13 and up.

Ask your child's doctor before feeding to younger children.

INGREDIENTS:

- 2 Tbsp sunbutter
- 2 fl oz water
- 1 extra-ripe banana
- ½ Tbsp cocoa powder, unsweetened
- 8 scoops PurAmino™ Jr

INSTRUCTIONS:

1. Place all ingredients in blender and pulse to desired thickness; scrape down sides as needed.

Can be stored covered in the refrigerator for up to 3 days.



2 servings
per recipe



Serving size:
Approx. 6 fl oz



5 min
Prep Time

Berry Smoothie

INGREDIENTS:

- 1 cup mixed berries, frozen
- 4 fl oz water
- 1 kiwi, with skin
- 1/3 cup applesauce
- 5 scoops PurAmino™ Infant or PurAmino™ Jr
- 1 tsp of vanilla extract (alcohol free)

INSTRUCTIONS:

1. Wash kiwi, cut off ends and place in blender.
2. Place all other ingredients into blender and pulse to desired thickness.

Store covered in the refrigerator for up to 3 days.



Tools Needed:

- Blender

Notes

NUTRIENTS PER SERVING:

Made with
PurAmino™ Infant

Calories: 140
Fat: 3.5 g
Carbohydrate: 26 g
Protein: 2.5 g

Made with
PurAmino™ Jr

Calories: 170
Fat: 5 g
Carbohydrate: 29 g
Protein: 3.5 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



1 serving
per recipe



Serving size:
8 fl oz



5 min
Prep Time

Tropical Orange Smoothie

INGREDIENTS:

- 1 small orange or clementine, peeled
- ¼ cup coconut milk yogurt, vanilla flavored, unsweetened
- ½ cup peaches, frozen
- 4 scoops PurAmino™ Infant or PurAmino™ Jr

INSTRUCTIONS:

1. Place all ingredients in blender and pulse to desired thickness; scrape down sides as needed.

Can be stored covered in the refrigerator for up to 3 days.



Tools Needed:

- Blender

Notes

NUTRIENTS PER SERVING:

Made with
PurAmino™ Infant

Calories: 190
Fat: 7 g
Carbohydrate: 28 g
Protein: 3 g

Made with
PurAmino™ Jr

Calories: 230
Fat: 9 g
Carbohydrate: 38 g
Protein: 5 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



2 servings
per recipe



Serving size:
Approx. 6 fl oz



5 min
Prep Time

Green Smoothie

INGREDIENTS:

- ½ cup spinach (packed)
- 1 cup mango chunks, frozen
- ½ cup zucchini with skin, sliced
- 6 fl oz water
- 5 scoops PurAmino™ Infant or PurAmino™ Jr

INSTRUCTIONS:

1. Place all ingredients in blender and pulse to desired texture.

Store covered in the refrigerator for up to 3 days.



Tools Needed:

- Blender

Notes

NUTRIENTS PER SERVING:

Made with **PurAmino™ Infant**

Calories: 100

Fat: 3 g

Carbohydrate: 17 g

Protein: 3 g

Made with **PurAmino™ Jr**

Calories: 130

Fat: 5 g

Carbohydrate: 20 g

Protein: 4 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



5 servings
per recipe



Serving size:
4 pancakes



10 min
Prep Time



15 min
Cook Time

Pancakes

INGREDIENTS:

- 1 cup 1:1 gluten-free baking flour*
- 2 Tbsp sugar
- 6 fl oz water
- 2 tsp vanilla extract (alcohol free)
- 1 Tbsp vinegar
- 1 tsp baking soda
- 1 Tbsp baking powder
- 2 Tbsp oil
- 6 scoops PurAmino™ Infant or PurAmino™ Jr

INSTRUCTIONS:

1. In a large mixing bowl, whisk sugar, vinegar, baking soda, vanilla extract, and oil.
2. Add flour and stir until just combined.
3. Mix water with PurAmino, then stir into flour mixture.
4. Heat skillet over low-to-medium heat.
5. Lightly grease pan, then spoon ~ 1 Tbsp batter into pan for each pancake.
6. Once bubbles begin to form and edges turn golden brown, flip pancakes.

Store at room temperature in an airtight container for 3 days or freeze for up to 1 month. Thaw before feeding.

* Contains xanthan gum.



Tools Needed:

- Mixing bowl
- Whisk
- Skillet
- Stove

Notes

NUTRIENTS PER SERVING:

Made with
PurAmino™ Infant

Calories: 250
Fat: 9 g
Carbohydrate: 40 g
Protein: 3 g

Made with
PurAmino™ Jr

Calories: 260
Fat: 10 g
Carbohydrate: 42 g
Protein: 4 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



2 servings
per recipe



Serving size:
3 oz



5 min
Prep Time



10 min
Cook Time

Breaded Chicken

INGREDIENTS:

- 1 cup Rice Chex™
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp pepper
- 1 Tbsp plant-based mayonnaise
- 6 oz chicken breast
- 1 Tbsp oil
- 1 scoop PurAmino™ Jr

INSTRUCTIONS:

1. Before preparing chicken, ensure thickness of chicken breast is mostly even. If not, you can place between two pieces of parchment paper and gently pound to an even thickness with a rolling pin or canned good.
2. Cut chicken breast in half or into bite-sized pieces, as desired. Set aside and wash hands.
3. Place cereal in zip-top bag.
4. Using hands or rolling pin, crush cereal.
5. Pour crushed cereal onto a plate and add spices and PurAmino. Using a fork, mix well.
6. To bread chicken:
 - a. Coat chicken in plant-based mayonnaise
 - b. Dredge coated chicken breast in crushed cereal until well covered
 - c. Repeat as desired
7. Heat a skillet over medium heat.
8. Once hot, add oil.
9. Add chicken and turn to allow all sides to get crispy and to ensure chicken is evenly cooked and reaches an internal temperature of 165°F.

Store covered in refrigerator for up to 3 days or freeze for up to 1 month. To prepare leftovers, reheat to an internal temperature of 165°F or above.



Tools Needed:

- Skillet
- Stove
- Plate

Notes

NUTRIENTS PER SERVING:

Calories:	210
Fat:	7 g
Carbohydrate:	15 g
Protein:	21 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



10 servings
per recipe



Serving size:
3 pieces



20 min
Prep Time



15 min
Baking Time

Quinoa “Meatballs”

INGREDIENTS:

- ¼ cup ground flaxseed
- 4 fl oz water
- 16 fl oz chicken broth
- 1 cup quinoa
- ½ cup bell pepper, chopped
- 3 Tbsp nutritional yeast
- 1 tsp baking powder
- 1 tsp onion powder
- ¼ tsp garlic powder
- 1½ cups corn flakes cereal
- 16 scoops PurAmino™ Infant or PurAmino™ Jr Unflavored

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. In a large bowl, whisk flaxseed and water together; set aside to congeal.
3. Prepare quinoa by bringing chicken broth mixed with 16 scoops PurAmino to a boil; stir in quinoa. Reduce heat, cover, and cook until all liquid is absorbed (about 15 minutes).
4. While quinoa is cooking, lightly sauté bell pepper in an oiled pan until partially cooked.
5. Once quinoa is ready, add sauteed bell pepper and remaining ingredients to the congealed flaxseed; combine using spatula. If consistency of mixture is too wet, add more cereal. If too dry, add a Tbsp of water until desired consistency is reached.
6. Allow mixture to cool until comfortable to touch, then shape into balls or patties and place on parchment paper-lined baking sheet.
7. Bake for 15 minutes or until slightly browned and an internal temperature of 165°F is reached.

Store covered in refrigerator for up to 3 days or freeze for up to 1 month. To prepare leftovers, reheat to an internal temperature of 165°F or above.



4 servings
per recipe



Serving size:
½ cup



20 min
Prep Time



30 min
Baking Time

Cauliflower Wings

INGREDIENTS:

- 1 pound cauliflower, cut into florets
- ½ cup gluten-free flour
- 2 tsp garlic powder
- 1½ tsp paprika
- ½ tsp cumin
- ¼ tsp chili powder
- ½ tsp salt
- ¼ tsp pepper
- 6 fl oz water
- 6 scoops PurAmino™ Jr
- 3 Tbsp allergen-safe buffalo sauce

INSTRUCTIONS:

1. Preheat oven to 450°F.
2. Place cauliflower florets into large bowl.
3. In a separate large bowl, add all other ingredients, reserving the buffalo sauce for later.
4. Whisk until well combined, then pour mixture over cauliflower.
5. Using your hands or a spatula, thoroughly coat each piece of cauliflower with batter.
6. Line a baking sheet with parchment paper.
7. Using your fingers or tongs, place each coated piece of cauliflower onto the lined baking sheet. For best results, give each piece of cauliflower "breathing room." Dumping directly on baking sheet will cause excess batter and soggy wings.
8. Bake the wings for 20 minutes, flipping each individual wing halfway through for consistent browning.
9. Remove wings from the oven and coat with preferred buffalo sauce using a silicone brush.
10. Place wings back into the oven for an additional 10 minutes, flipping each wing once halfway through for consistent browning.
11. Serve with preferred dip. Consider the Ranch Dip listed on page 44.

Store covered in the refrigerator for up to 3 days. To prepare leftovers, reheat to an internal temperature of 165°F or above.



5 servings
per recipe



Serving size:
1 cup



15 min
Prep Time



15 min
Cooking Time

Vegan Parmesan Pasta

INGREDIENTS:

- 12 oz gluten-free pasta (dry weight)
- 4 Tbsp extra virgin olive oil
- 4 cloves garlic, chopped
- 4½ Tbsp arrowroot powder*
- 16 fl oz water
- ½ tsp pepper
- ¾ cups vegan parmesan, grated
- ½ cup nutritional yeast
- 16 scoops PurAmino™ Infant or PurAmino™ Jr

Optional: Garnish with red pepper flakes.

* May be called arrowroot starch or arrowroot flour.

INSTRUCTIONS:

1. Add pasta to a large pot of boiling, well-salted water and cook according to package instructions. Drain and cover to prevent drying.
2. While the pasta is cooking, heat a large skillet over medium heat. Once hot, add olive oil.
3. Add garlic to skillet, stirring frequently to ensure it does not burn; then reduce heat.
4. Add arrowroot powder to skillet, 1 Tbsp at a time, whisking after each addition to remove clumps.
5. In a large mixing bowl, combine water and PurAmino. Mix thoroughly.

Instructions continued on page 38.

Vegan Parmesan Pasta *(cont'd)*

INSTRUCTIONS *(continued)*:

6. Slowly pour the formula mixture into the skillet while whisking. Continue whisking until well combined.
7. Transfer skillet mixture to a blender and add salt, pepper, vegan parmesan cheese, and nutritional yeast. Blend on high until creamy and smooth, scraping down sides as needed.
8. Return sauce back to skillet and cook on medium heat until it bubbles, then reduce heat to low and cook until thickened, stirring frequently. If sauce is too thick, add water 1 tsp at a time. If too thin, scoop out some sauce into a small bowl and in 1-2 tsp more arrowroot starch/ flour, whisk to combine, and add back to sauce. Repeat as needed until desired consistency is reached.
9. Once sauce is ready, add pasta and toss. Cook for 1-2 minutes to warm through, and then serve with additional vegan parmesan cheese and red pepper flakes.

Store covered in the refrigerator for up to 3 days. To prepare leftovers, reheat to an internal temperature of 165°F or above.



4 servings
per recipe



Serving size:
2 Tbsp



15 min
Prep Time

Avocado Pesto

INGREDIENTS:

- 1 cup basil, fresh (packed)
- 2 Tbsp lemon juice
- 4 fl oz water
- 2 cloves fresh garlic
- 1 ripe medium-sized avocado, peeled and pitted
- Salt and pepper to taste
- 4 scoops PurAmino™ Infant or PurAmino™ Jr Unflavored

INSTRUCTIONS:

1. Add basil, lemon juice, water, garlic, and PurAmino Infant or PurAmino Jr Unflavored to food processor; combine to finely chopped consistency.
2. Add avocado to mixture and process to a puree.
3. Add salt and pepper to taste.

Store covered in refrigerator for up to 3 days or freeze for up to 1 month.
(Tip: Use ice cube tray to freeze individual portions)



Tools Needed:

- Food processor

Notes

NUTRIENTS PER SERVING:

Made with PurAmino™ Infant

Calories:	110
Fat:	9 g
Carbohydrate:	7 g
Protein:	2 g

Made with PurAmino™ Jr

Calories:	120
Fat:	9 g
Carbohydrate:	8 g
Protein:	2.5 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



4 servings
per recipe



Serving size:
2 Tbsp



15 min
Prep Time

Fruit Dip

INGREDIENTS:

- ¼ cup plant-based cream cheese
 - ¼ cup powdered sugar
 - ¼ cup plant-based yogurt, vanilla flavored
 - 4 scoops PurAmino™ Jr Vanilla
- If using PurAmino™ Jr Unflavored, add ½ tsp vanilla extract.*

INSTRUCTIONS:

1. Bring cream cheese to room temperature.
2. In medium bowl, add all ingredients and beat together until thoroughly mixed with an electric mixer.

Store covered in refrigerator for up to 3 days.



Tools Needed:

- Electric mixer
- Mixing bowl

Notes

**NUTRIENTS
PER SERVING:**

Calories: 100
Fat: 6 g
Carbohydrate: 12 g
Protein: 1 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



6 servings
per recipe



Serving size:
2 Tbsp



15 min
Prep Time



4 hours
Cooling Time

Ranch Dip

INGREDIENTS:

- $\frac{3}{4}$ cup plant-based mayonnaise
- 2 fl oz water
- $\frac{1}{2}$ tsp apple cider vinegar
- 1 clove garlic, chopped
- $\frac{1}{8}$ tsp paprika
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp dried dill
- Salt and pepper to taste
- 6 scoops PurAmino™ Jr Unflavored

INSTRUCTIONS:

1. In a large bowl, mix all ingredients together. If too thick, add more water.
2. Refrigerate for 4 hours to allow flavors to mix.

Store covered in refrigerator for up to 3 days. Separation is normal and may occur; stir to combine before feeding.



7 servings
per recipe



Serving size:
1 cup



5 min
Prep Time



10 min
Cooking Time

Marinara Sauce

INGREDIENTS:

- 28 oz San Marzano tomatoes, crushed
- ¼ cup extra virgin olive oil
- 8 fl oz water
- 7 cloves garlic, slivered
- 2 pinches crushed red pepper flakes
- 1 tsp kosher salt
- 3 tsp oregano, dried
- Up to 7 scoops PurAmino™ Infant or PurAmino™ Jr*

* If desired, may prepare the entire recipe with PurAmino, which would be 7 scoops of PurAmino.

INSTRUCTIONS:

1. Pour tomatoes into a large bowl.
2. In empty can, pour 1 cup water and slosh it around to make “tomato water” out of remaining juices. Reserve.
3. Heat large skillet over medium heat (do not use a deep pot).
4. Once hot, add oil and garlic.
5. As soon as garlic is sizzling (do not let it brown), add the tomatoes, then the reserved tomato water.
6. Add red pepper flakes, oregano, and salt. Stir.
7. Simmer on medium heat for 10 minutes.
8. Once sauce is ready, portion ½ cup sauce into bowl and mix in 1 scoop PurAmino.*

Store covered in refrigerator for up to 3 days or freeze for up to 1 month. To prepare leftovers, reheat to an internal temperature of 165°F or above.



Tools Needed:

- Mixing bowl
- Skillet
- Stove

Notes

NUTRIENTS PER SERVING:

Made with PurAmino™ Infant

Calories:	120
Fat:	9 g
Carbohydrate:	10 g
Protein:	2.5 g

Made with PurAmino™ Jr

Calories:	140
Fat:	9 g
Carbohydrate:	11 g
Protein:	3 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



7 servings
per recipe



Serving size:
1 cup



10 min
Prep Time



40 min
(30 min Baking +
10 min Cooling Time)

Snack Mix

INGREDIENTS:

- 2 cups gluten-free Chex™ cereal
- 2 cups gluten-free Oat O's cereal
- 1 cup gluten-free pretzels
- 1 cup gluten-free, dairy-free "cheese" crackers
- 2 Tbsp sunflower seeds

Seasoning:

- 2 Tbsp nutritional yeast
- 1 Tbsp ketchup
- 2 Tbsp apple cider vinegar
- ½ cup plant-based butter
- 2 Tbsp coconut aminos
- 2 tsp garlic powder
- 2 tsp onion powder
- 7 scoops PurAmino™ Jr

INSTRUCTIONS:

1. Preheat oven to 250°F.
2. Place all Seasoning ingredients into a saucepan over low heat, using a whisk to incorporate together.
3. Place all remaining ingredients into a large mixing bowl.
4. Once Seasoning mixture is heated and well-combined, pour over cereal mix. Use a spatula to gently combine.
5. Place prepared Snack Mix onto a parchment paper lined baking sheet.
6. Bake for 30 minutes, using a spatula to stir every 10 minutes.
7. Allow time to cool (approximately 10 minutes).

Store at room temperature in an airtight container for up to 3 days.



24 servings
per recipe



Serving size:
2 crackers



20 min
Prep Time



14 min
Baking Time

(add cooling time out
of the oven, before
breaking apart)

Graham Crackers

INGREDIENTS:

- 2 Tbsp sugar
- $\frac{3}{4}$ tsp baking soda
- $\frac{3}{4}$ tsp cinnamon
- 5 Tbsp maple syrup
- 3 Tbsp butter alternative, melted
- $1\frac{1}{2}$ cups rolled oats
- $\frac{1}{4}$ cup arrowroot starch*
- $1\frac{1}{2}$ tsp ground flaxseed meal
- 6 scoops PurAmino™ Infant or PurAmino™ Jr Vanilla

If using PurAmino™ Jr Unflavored, add $\frac{1}{2}$ tsp vanilla extract.

* May be called arrowroot starch or arrowroot flour.

INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Line a large baking sheet with parchment paper.
3. In a blender, pulse oats to make oat flour.
4. In a medium mixing bowl, whisk together sugar, baking soda, cinnamon, maple syrup, and melted butter alternative until well combined and smooth.
5. Add the oat flour, arrowroot powder, PurAmino Jr, and ground flaxseed to the bowl. Mix with a wooden spoon until the flour is completely incorporated. Your dough should not feel too tacky (sticking to your hands) or too dry (crumbly) and should hold its form. If too dry, it likely just needs more mixing. *If it feels sticky, add oat flour 1 tsp at a time (mixing between each addition) to desired.*

Instructions continued on page 52.

Graham Crackers *(cont'd)*

INSTRUCTIONS *(continued)*:

6. To roll out crackers, place a sheet of parchment paper on a large cutting board or countertop. Place dough in the center and then place another sheet of parchment paper of equal length on top of the dough. Working from the center out, roll the dough into a large rectangle (~12 x 16 inches or the size of your baking sheet) about 1/16 inch thick.
7. Remove the top layer of parchment. Use a pizza cutter or knife to score the dough into approximately 2-inch x 4-inch rectangles (crackers will expand slightly during baking). Do not cut all the way through.
8. Bake for 10-14 minutes or until slightly firm and darker in color. Watch closely near end of baking time to avoid burning.
9. Allow the crackers to cool completely. Crackers will crisp while they cool.
10. Gently break apart along the score lines.

Store at room temperature in an airtight container for up to 3 days.



2 servings
per recipe



Serving size:
½ cup



5 min
Prep Time



60 min
Freezing Time

Banana Nice Cream

INGREDIENTS:

- 3 extra-ripe bananas, peeled, chopped, and frozen* *If using PurAmino™ Jr Unflavored, add ½ tsp vanilla extract.*
- 3 Tbsp water
- 4 scoops PurAmino™ Jr Vanilla

INSTRUCTIONS:

1. Add frozen banana, vanilla extract, and water into a food processor or blender.
2. Once thoroughly blended, add PurAmino Jr one scoop at a time, pulsing between each scoop.
3. Blend until the mixture resembles a thick and smooth soft-serve texture. Serve immediately or freeze for 1 to 2 hours to firm to desired textured.

Store in freezer in airtight container for up to 1 month.

* You can do this step days or even months in advance so there's no need to wait when you're ready for Nice Cream! Simply cut and store in a zip-top freezer bag when you have extra-ripe bananas.



10 servings
per recipe



Serving size:
1 cup



15 min
Prep Time



30 min
Baking Time

Caramel Popcorn

INGREDIENTS:

- ¼ cup plant-based butter
 - ½ cup Karo syrup, light
 - ¼ cup light brown sugar
 - ¼ tsp baking soda
 - 10 cups popcorn, pre-popped
 - 5 scoops PurAmino™ Infant or PurAmino™ Jr Vanilla
- If using PurAmino™ Jr Unflavored, add ½ tsp vanilla extract.*

INSTRUCTIONS:

1. Preheat oven to 250°F.
2. Spread popcorn onto a parchment paper-lined baking sheet and remove all unpopped kernels.
3. Place into preheated oven, for a maximum of 5 minutes.
4. To prepare caramel:
 - a. In a small saucepan over low heat, melt plant-based butter. Once melted, whisk in sugar, syrup, and PurAmino.
 - b. Increase heat to medium and bring a low boil. Allow to boil for 3 minutes.
 - c. Remove saucepan from heat and whisk in baking soda and vanilla extract.
5. Remove popcorn from the oven.
6. Drizzle caramel sauce all over warmed popcorn.
7. Using a spatula, stir sauce to mix into popcorn. It will not be evenly coated.
8. Place coated popcorn into oven, stirring every 10 minutes, for 30 minutes total.

Store at room temperature in an airtight container for up to 3 days.



Tools Needed:

- Large baking sheet
- Saucepan
- Parchment paper
- Oven

Notes

NUTRIENTS PER SERVING:

Calories:	230
Fat:	8 g
Carbohydrate:	43 g
Protein:	1 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



1 servings
per recipe



Serving size:
6 fl oz



2 min
Prep Time



5 min
Cooking Time

Hot Cocoa

INGREDIENTS:

- 1 Tbsp cocoa powder, unsweetened
- 1 Tbsp sugar
- 1½ Tbsp allergen-safe chocolate chips
- 6 fl oz water
- 2 scoops PurAmino™ Jr

INSTRUCTIONS:

1. Place all ingredients into a small saucepan.
2. Whisk over low heat until chocolate chips are fully melted and desired temperature is achieved.



Tools Needed:

- Saucepan
- Stove

Notes

NUTRIENTS PER SERVING:

Calories:	240
Fat:	11 g
Carbohydrate:	39 g
Protein:	6 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



16 servings
per recipe



Serving size:
2 cookies



10 min
Prep Time



10 min
Baking Time

Confetti Cookies

INGREDIENTS:

- 1 $\frac{2}{3}$ cups 1:1 gluten-free baking flour*
 - $\frac{1}{2}$ tsp baking soda
 - 1 tsp baking powder
 - 1 tsp vanilla extract (alcohol free)
 - $\frac{2}{3}$ cup sugar
 - 2 fl oz water
 - 3 Tbsp sprinkles
 - $\frac{1}{2}$ cup plant-based butter
 - 1 tsp arrow starch
 - 6 scoops PurAmino™ Jr Vanilla
- If using PurAmino™ Jr Unflavored, add $\frac{1}{2}$ tsp vanilla extract.*

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Line a baking sheet with parchment paper.
3. In a microwave safe dish, soften plant-based butter (alternatively can set out on counter 1 hour prior to recipe prep).
4. In a mixing bowl, cream together the melted plant-based butter and sugar using an electric mixer.
5. Once well combined, add all other ingredients except for the sprinkles and beat until well combined into a dough.
6. Add sprinkles and mix into dough using a wooden spoon.
7. Using a tablespoon or melon baller, scoop cookies, placing 2 inches apart on baking sheet.
8. Bake for 10-12 minutes or until edges are golden brown.
9. Allow to cool and enjoy.

Store at room temperature in an airtight container for up to 3 days.

* Contains xanthan gum.



Tools Needed:

- Large baking sheet
- Electric mixer
- Parchment paper
- Oven
- Mixing bowl

Notes

NUTRIENTS PER SERVING:

Calories:	160
Fat:	1 g
Carbohydrate:	24 g
Protein:	1 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.



1 serving
per recipe



Serving size:
Approx. 6 oz



5 min
Prep Time



2 Hours
"Set" Time

Chia Seed Pudding

INGREDIENTS:

- 4 fl oz water
- 2 Tbsp chia seeds
- 1 Tbsp maple syrup
- 1 Tbsp fruit spread
- 4 scoops PurAmino™ Jr

INSTRUCTIONS:

1. In a small container, mix water and PurAmino.
2. Add maple syrup, then stir.
3. Add chia seeds, then stir.
4. Once mixed, cover and allow to chill in the refrigerator for at least 2 hours.
5. Once gelled, top with desired fruit spread.

Can be stored covered in the refrigerator for up to 3 days.



Tools Needed:

- Small container

Notes

**NUTRIENTS
PER SERVING:**

Calories:	320
Fat:	13 g
Carbohydrate:	35 g
Protein:	8 g

Prior to preparing and feeding these recipes to a child diagnosed with pediatric food allergies, please consult their healthcare provider.

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