



Toddler & Kids Recipe Book

16 easy recipes to add DHA and other important nutrients to your child's diet.



Let's fuel the wonder.™



Enfagrow A+® Recipes for Your Child

Enfagrow A+® contains DHA, a type of Omega-3 fat and an important building block of the brain.

These recipes will help you include Enfagrow A+ and helps support your child in getting the balanced nutrition needed for healthy development.

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Strawberry Smoothie

Makes 2 servings



Ingredients

- 1 serving (200 mL) of prepared Enfagrow A+® Toddler & Child Nutritional Drink Vanilla or Milk Flavour (chilled)
- 1 cup (250 mL) frozen strawberries

Directions

- Mix ingredients together in a blender jar.
- Blend at high speed until smooth.
- Pour into a cup and serve.

Variation

Replace the strawberries with other fruits that your toddler enjoys!



This recipe contributes to a balanced plate by including: Vegetables & Fruits

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	108 kcal
Fat	3 g
DHA (a type of Omega-3 fat)	13 mg
Carbohydrate	17 g
Protein	3.5 g

Selected Key Nutrients	% Daily Req. per Serving*
Vitamin C	>100
Biotin	>100
Zinc	47
Vitamin A	41
Iron	26

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Banana Smoothie

Makes 2 servings



Ingredients

- 1 serving (200 mL) of prepared Enfagrow A+® Toddler & Child Nutritional Drink Vanilla or Milk Flavour (chilled)
- 1 cup (250 mL) frozen banana

Directions

- Mix ingredients together in a blender jar.
- Blend at high speed until smooth.
- Pour into a cup and serve immediately.

Variation

Replace the banana with other fruits that your toddler enjoys!



This recipe contributes to a balanced plate by including: Vegetables & Fruits

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	186 kcal
Fat	4 g
DHA (a type of Omega-3 fat)	13 mg
Carbohydrate	37 g
Protein	5 g

Selected Key Nutrients	% Daily Req. per Serving*
Vitamin C	>100
Biotin	>100
Vitamin B6	>100
Zinc	49
Vitamin A	42

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Pancakes

Makes 6 pancakes



Ingredients

- 3/4 cup (175 mL) of whole wheat flour
- 1/2 tbsp (8 mL) baking powder
- 1 serving (200 mL) of prepared Enfagrow A+® Toddler & Child Nutritional Drink Vanilla or Milk Flavour
- 1 Omega-3 egg, slightly beaten
- 1 1/2 tbsp (22 mL) vegetable oil
- 1 tbsp (15 mL) vegetable oil
- 1/2 cup (125 mL) - 5 large diced strawberries

Directions

- In a large bowl, mix the flour and baking powder.
- Beat in the prepared Enfagrow A+ Vanilla or Milk Flavour, egg and 1 1/2 tbsp (22 mL) of oil with a whisk or electric mixer, beating until smooth.
- Chill for 20 minutes.
- Heat 1 tbsp (15 mL) of vegetable oil in a frying pan over low heat.
- Pour in 1/4 cup (60 mL) of the batter.
- Drop some of the strawberries in the batter while cooking.
- When the edges begin to brown, and the top is covered with bubbles, flip the pancake over.
- Repeat with the remaining batter.

Serving Suggestions

Place the cooked pancakes on a plate and use cookie cutters to create fun shapes for your toddler! Garnish with fresh fruit.



This recipe contributes to a balanced plate by including: **Whole Grain Foods**

Nutritional Information per serving (1 pancake)

Selected Key Nutrients	Amount
Calories	152 kcal
Fat	8 g
DHA (a type of Omega-3 fat)	11 mg
Carbohydrate	15 g
Protein	4 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	63
Vitamin C	68
Calcium	20
Zinc	33
Iron	18

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

French Toast

Makes 2 servings

This is a great recipe that your child can help you make!



Ingredients

- 1 Omega-3 egg
- 1/4 cup (60 mL) of prepared Enfagrow A+® Toddler & Child Nutritional Drink Vanilla or Milk Flavour
- 2 pieces of whole grain bread
- 1 tbsp (15 mL) of butter

By using Enfagrow A+® and Omega-3 eggs, you can add between 40–65 mg of DHA (a type of Omega-3 fat) per serving. DHA helps support the normal, physical development of a toddler's brain.†

Directions

- Crack the egg into a bowl and beat well. Then whisk in the prepared Enfagrow A+® Vanilla or Milk Flavour.
- Melt the butter in a non-stick frying pan or griddle over gentle heat until it bubbles.
- Transfer the egg mixture into a shallow dish. Soak the bread in the egg mixture, flip over and repeat. Make sure the bread is totally covered.
- Carefully remove the soaked slices from the egg mixture, letting the excess liquid drain into the dish, and transfer the bread to the frying pan or griddle.
- Cook the bread on low heat until the underside is golden brown. Use a spatula to flip the bread over, and cook again until golden brown. Transfer the French toast onto a plate and serve.

Serving Suggestions

Eat your French toast with powdered sugar, cinnamon, maple syrup, jelly, whipped cream or fruit on top. Use cookie cutters to make fun shapes. Garnish with your toddler's favourite fresh fruit.



This recipe contributes to a balanced plate by including: **Whole Grain Foods**

Nutritional Information per serving (1 toast)

Selected Key Nutrients	Amount
Calories	199 kcal
Fat	10 g
DHA (a type of Omega-3 fat)	23 mg
Carbohydrate	19 g
Protein	8 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	55
Vitamin A	45
Niacin (Vitamin B3)	33
Zinc	43
Iron	21

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1–3 years of age.

†Primarily in children up to 24 months of age.

Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Scrambled Eggs

Makes 2 servings



Ingredients

- 2 Omega-3 eggs
- 1/4 cup (60 mL) of prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- 1 tsp (5 mL) butter

By using Enfagrow A+® and Omega-3 eggs, you can add between 78-128 mg of DHA (a type of Omega-3 fat) per serving. DHA helps support the normal, physical development of a toddler's brain.†

Directions

- Crack the eggs into a mixing bowl and beat them until they turn a pale yellow colour.
- Add the prepared Enfagrow A+® Milk Flavour and whisk well. Whisking incorporates air, which produces fluffier scrambled eggs.
- Melt the butter in a non-stick frying pan or skillet over medium-low heat until it bubbles.
- Gradually add the egg mixture.
- Let the eggs cook for up to a minute, or until the bottom starts to set. With a spatula, gently push one edge of the egg into the center of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left.

- Turn off the heat and continue gently stirring and turning the egg until all the uncooked parts become firm. Don't break up the egg, though. Try to keep the curds as large as possible.
- Transfer to a plate when the eggs are set but still moist and soft.

Serving Suggestions

Transfer to a plate and serve with whole grain toast. Garnish with your toddler's favourite fresh fruit. Top with grated cheese. Add some dip on the side such as ketchup or syrup.



This recipe contributes to a balanced plate by including: **Protein Foods**

Nutritional Information per serving (1 egg)

Selected Key Nutrients	Amount
Calories	117 kcal
Fat	8 g
DHA (a type of Omega-3 fat)	42 mg
Carbohydrate	3 g
Protein	7 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	55
Vitamin A	51
Iron	16
Niacin (Vitamin B3)	15
Zinc	33

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age.

†Primarily in children up to 24 months of age.

Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Classic Broccoli Cheddar Soup

Makes 6 servings



Ingredients

- 1 bunch broccoli 750 g (approx. 1 1/2 lbs)
- 1 medium onion, chopped
- 2 small baking potatoes, peeled and diced
- 1 clove garlic, minced
- 2 cups (500 mL) reduced-sodium chicken or vegetable broth
- 1 tsp (5 mL) grated orange rind
- 1/2 tsp (2 mL) dried thyme
- 1/4 tsp (1 mL) pepper, black
- 2 cups (500 mL) 2% milk
- 200 mL (1 serving) prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- 1 tsp (5 mL) salt

Topping

- 1 cup (250 mL) shredded cheddar cheese

Directions

- Peel and chop broccoli stems and coarsely chop florets, keeping stems and florets separate (you should have about 6 cups/1.5 L total).

- In a pot, combine broccoli stems, onion, potatoes, garlic, broth, orange rind, thyme, and pepper; bring to boil. Reduce heat, cover and simmer for 10 minutes. Add florets; simmer, covered, for 5 minutes or until vegetables are softened.
- Transfer to a blender or food processor, in batches, or use an immersion blender in the pot and puree soup, adding milk and prepared Enfagrow A+® Milk Flavour, until smooth. Return to pot, if necessary. Heat over medium heat, stirring, until steaming, but do not let boil. Stir in more milk if soup is too thick. Season with up to 1 tsp (2 mL) salt.

Serving Suggestions

Ladle into bowls and sprinkle with cheese. Serve with whole grain bun/roll or croutons.



This recipe contributes to a balanced plate by including: **Vegetables & Fruits - Protein Foods**

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	262 kcal
Fat	10 g
DHA (a type of Omega-3 fat)	4 mg
Carbohydrate	31 g
Protein	14 g

Selected Key Nutrients	% Daily Req. per Serving*
Vitamin C	>100
Vitamin K	>100
Vitamin B6	>100
Calcium	50
Iron	31

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Baked Macaroni and Cheese

Makes 2 servings



Ingredients

- 1 cup (250 mL) of whole grain elbow macaroni
- 1 tbsp (15 mL) butter
- 1 tbsp (15 mL) all-purpose flour
- 1 tsp (5 mL) mustard powder
- 1 1/2 cup (125 mL) prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour.
- 1/2 cup (125 mL) 2% milk
- 1/8 cup + 2 tsp (40 mL) yellow onion, finely diced
- 1/3 bay leaf
- 1/4 tsp (1 mL) paprika
- 1/3 large Omega-3 egg, beaten
- 4 oz (120 g) sharp cheddar cheese, shredded
- Salt and pepper to season

Topping:

- 1 tbsp (15 mL) butter
- 1/4 cup (60 mL) of panko bread crumbs

Directions

- Preheat oven to 350°F (180°C)
- In a large pot of boiling, salted water, cook the macaroni according to package directions until tender but firm.
- While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes, making sure it's free of lumps.

- Stir in the milk, prepared Enfagrow A+® Milk Flavour, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf. Add the egg. Stir in 3/4 of the cheese. Season with salt and pepper.
- Fold the macaroni into the mix and pour into a casserole dish. Top with remaining cheese.
- For the topping, melt the butter in a sauté pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake until the top is golden brown.
- Remove from oven and rest for five minutes before serving.



This recipe contributes to a balanced plate by including: Whole Grain Foods - Protein Foods

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	717 kcal
Fat	38 g
DHA (a type of Omega-3 fat)	14 mg
Carbohydrate	67 g
Protein	31 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	>100
Thiamin (Vitamin B1)	>100
Vitamin A	>100
Calcium	89
Iron	64

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Stove Top Macaroni and Cheese

Makes 2 servings



Ingredients

- 1 cup (250 mL) of whole grain elbow macaroni
- 1 1/2 cups (375 mL) of grated or diced medium Canadian cheddar cheese
- 1 Omega-3 egg
- 1 1/2 tsp (7 mL) all-purpose flour
- 1 tbsp (15 mL) butter
- 100 mL 2% milk
- 1/3 cup (75 mL) prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Pinch of pepper and pinch of dry mustard

By using Enfagrow A+ and Omega-3 eggs, you can add between 41–66 mg of DHA (a type of Omega-3 fat) per serving. DHA helps support the normal, physical development of a toddler's brain.[†]

Directions

- In a large pot of boiling, salted water, cook the macaroni according to package directions until tender but firm.
- In a food processor or blender, combine the milk, prepared Enfagrow A+® Milk Flavour, cheese, eggs, flour, butter, mustard and pepper.
- Process until blended and fairly smooth.
- When the macaroni is ready, drain well and return to the pot.
- Add the cheese mixture. Cook gently, stirring constantly, until mixture is creamy, smooth and thick (about 3–5 minutes).
- Transfer to a plate and serve.

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	830 kcal
Fat	53 g
DHA (a type of Omega-3 fat)	24 mg
Carbohydrate	51 g
Protein	40 g

Selected Key Nutrients	% Daily Req. per Serving*
Thiamin (Vitamin B1)	83
Folate	62
Vitamin A	>100
Zinc	>100
Iron	51
Calcium	>100

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1–3 years of age.

†Primarily in children up to 24 months of age.

Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.



This recipe contributes to a balanced plate by including: Whole Grain Foods - Protein Foods

Hummus

Makes 10 servings



Ingredients

- 2 cans (2 x 540 mL can) chickpeas, drained
- 1 cup (250 mL) lemon juice
- 2 cups (500 mL) tahini
- 2 clove garlic, crushed
- 1 tsp (5 mL) salt
- 200 mL (1 serving) prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour

Hummus is a source of complete protein, containing all nine essential amino acids. Hummus is also a fantastic source of iron and fibre!

Directions

- Combine the chickpeas, lemon juice, tahini, garlic, and salt in a food processor.
- Slowly add prepared Enfagrow A+® Milk Flavour to the mixture while blending on a low setting until smooth (approx. 3-5 minutes).

Serving Suggestions:

- Serve as a dip with pieces of whole grain pita.
- Use to top pieces of whole grain toast, bagel, or Melba toast. Use as a sandwich filling.
- Spread over a whole grain tortilla, then roll up and cut cross-wise into rounds.
- Serve as a dip for vegetables such as carrots or cucumbers. Use to stuff halved cherry tomatoes.
- Serve with diced cooked chicken or even fish.

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	382 kcal
Fat	26 g
DHA (a type of Omega-3 fat)	3 mg
Carbohydrate	29 g
Protein	13 g

Selected Key Nutrients	% Daily Req. per Serving*
Thiamin (Vitamin B1)	>100
Phosphorus	97
Zinc	98
Iron	30
Dietary Fiber	43

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.



This recipe contributes to a balanced plate by including: Protein Foods

Chicken Nuggets

Makes 2 servings



Ingredients

- 4 oz chicken breast
- 1/2 cup (125 mL) milled flax seed
- 1/2 cup (125 mL) bread crumbs
- 1/4 cup (60 mL) grated parmesan cheese
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) black pepper
- 1/2 tbsp (8 mL) Italian seasoning
- 1 tsp (5 mL) garlic powder
- 1/4 tsp (1 mL) paprika
- 2 Omega-3 eggs
- 200 mL (1 serving) Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour

Directions

- Preheat oven to 400°F (200°C).
- Cut chicken breast into strips.
- In a medium bowl, mix together the flax seed meal, bread crumbs, cheese, salt, pepper, Italian seasoning, garlic powder and paprika. Mix well.
- Mix egg and prepared Enfagrow A+® Milk Flavour in a bowl or dish for dipping.
- Dip chicken pieces into the egg first, then coat with the

flaxseed mixture. Place well coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20-25 minutes.

- Flip chicken after 10 minutes.

Topping

Add some dip on the side such as ketchup, BBQ or honey-mustard sauce.



This recipe contributes to a balanced plate by including: **Protein Foods**

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	559 kcal
Fat	28 g
DHA (a type of Omega-3 fat)	54 mg
Carbohydrate	43 g
Protein	36 g

Selected Key Nutrients	% Daily Req. per Serving*
Niacin (Vitamin B3)	>100
Vitamin A	90
Vitamin B12	>100
Calcium	56
Iron	83

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Chocolate Pudding

Makes 4 servings



Ingredients

- 1 pkg. (4 serving size) 3.9 oz (110 g) chocolate instant pudding mix
- 1 cup (250 mL) 2% milk
- 1 cup (250 mL) prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour

Directions

- Beat the pudding mix, prepared Enfagrow A+® Vanilla or Milk Flavour and milk in medium bowl with an electric mixer for 2 minutes.
- Chill in the refrigerator until the pudding sets. Serve and enjoy.

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	181 kcal
Fat	4 g
DHA (a type of Omega-3 fat)	8 mg
Carbohydrate	34 g
Protein	5 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	>100
Vitamin B12	49
Magnesium	46
Calcium	24
Iron	18

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Oatmeal Chocolate Chip Cookies

Makes 5 dozen cookies

Ingredients

- 1/2 cup (125 mL) or 1 stick of butter, softened
- 1 1/2 cup (375 mL) packed brown sugar
- 2 Omega-3 eggs
- 3 cups (750 mL) quick-cooking rolled oats
- 2 cups (500 mL) all-purpose flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) salt
- 250 mL (1 cup) prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- 2 cups (500 mL) chocolate chips

Directions

- Preheat oven to 375°F (190°C). Lightly spray 2 large baking sheets.
- In a large bowl, using an electric mixer, beat the butter and brown sugar until light and fluffy.
- Beat in the eggs until light and creamy.
- In a separate bowl, combine the oats, flour, baking powder and salt.
- Add the dry ingredients into the butter mixture, making 3 additions of dry ingredients, alternating with 3 additions of the prepared Enfagrow A+® Vanilla or Milk Flavour. After each addition, mix well.
- Stir in the chocolate chips.
- Drop heaping tablespoons (15 mL) of batter onto the baking sheets, leaving at least 2 inches (5 cm) apart.
- Bake for about 15 minutes or until the edges turn golden, with the cookie soft in the centre. Let the cookies cool, then repeat with the remaining batter.

Nutritional Information per serving (1 cookie)

Selected Key Nutrients	Amount
Calories	108 kcal
Fat	4 g
DHA (a type of Omega-3 fat)	2 mg
Carbohydrate	16 g
Protein	2 g

Selected Key Nutrients	% Daily Req. per Serving*
Thiamin (Vitamin B1)	15
Riboflavin (Vitamin B2)	11
Folate	9
Vitamin A	8
Iron	10

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.



Banana Muffins

Makes 18 muffins

Ingredients

- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 3/4 cup (175 mL) brown sugar
- 5 tsp (25 mL) baking powder
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) baking soda
- 1 1/2 cups (375 mL) oats
- 2 Omega-3 eggs, slightly beaten
- 6 tbsp (100 mL) vegetable oil
- 1 serving (200 mL) of prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- 1 cup (250 mL) mashed bananas

Directions

- Preheat oven to 400°F (200°C).
- Mix all dry ingredients (flour, brown sugar, baking powder, salt, baking soda and oats) in a large bowl. Make a well in the centre and pour in the eggs, oil, prepared Enfagrow A+® Vanilla or Milk Flavour and bananas.
- Stir with a fork until the dry ingredients are moistened. Fill well-greased muffin tins 2/3 full.
- Bake at 18-20 minutes or until a toothpick inserted in the centre of the muffin comes out clean.
- Apple Raisin Variation: Add 1 tsp (5 mL) of ground cinnamon to the dry ingredients. Replace banana with the same amount of applesauce, 1 cup (250 mL). Add 2/3 cup (175 mL) of raisins.

Nutritional Information per serving (1 muffin)

Selected Key Nutrients	Amount
Calories	193 kcal
Fat	7 g
DHA (a type of Omega-3 fat)	9 mg
Carbohydrate	30 g
Protein	4 g

Selected Key Nutrients	% Daily Req. per Serving*
Niacin (Vitamin B3)	21
Biotin	21
Thiamin (Vitamin B1)	30
Calcium	18
Iron	21

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.



This recipe contributes to a balanced plate by including: Vegetables & Fruits-Whole Grains

Frozen Triple Berry Pops

Makes 8 pops



Ingredients

- 1 cup (250 mL) fresh (washed and trimmed) or frozen strawberries
- 1 cup (250 mL) fresh (washed) or frozen blueberries
- 1 cup (250 mL) prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- 1/2 cup (125 mL) raspberry-flavoured yogurt
- 1 tbsp (15 mL) pure maple syrup

Directions

- In a blender, combine the strawberries, blueberries, maple syrup and prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour and puree until smooth.
- Add the yogurt and pulse until combined.
- Pour into popsicle molds and insert sticks.
- Freeze until solid, for 2-4 hours or up to 2 weeks.



This recipe contributes to a balanced plate by including: Vegetables & Fruits

Nutritional Information per serving (1 pop)

Selected Key Nutrients	Amount
Calories	64 kcal
Fat	2 g
DHA (a type of Omega-3 fat)	4 mg
Carbohydrate	11 g
Protein	2 g

Selected Key Nutrients	% Daily Req. per Serving*
Vitamin C	68
Biotin	57
Riboflavin (Vitamin B2)	11
Zinc	17
Vitamin A	14

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Frozen Banana Pineapple Pops

Makes 8 pops



Ingredients

- 1 very ripe banana
- 1 cup (250 mL) frozen or drained canned pineapple chunks
- 1 cup (250 mL) prepared Enfagrow A+® Child Nutritional Drink Milk Flavour
- 1/2 cup (125 mL) plain or vanilla flavoured Greek yogurt
- 1 tbsp (15 mL) pure maple syrup

Directions

- In a blender, combine the banana, pineapple chunks, maple syrup and Enfagrow A+® Child Nutritional Drink Milk Flavour and puree until smooth.
- Add the yogurt and pulse until combined.
- Pour into popsicle molds and insert sticks.
- Freeze until solid, for 2-4 hours or up to 2 weeks.



This recipe contributes to a balanced plate by including: Vegetables & Fruits

Nutritional Information per serving (1 pop)

Selected Key Nutrients	Amount
Calories	67 kcal
Fat	1 g
DHA (a type of Omega-3 fat)	4 mg
Carbohydrate	12 g
Protein	2 g

Selected Key Nutrients	% Daily Req. per Serving*
Vitamin C	34
Biotin	57
Riboflavin (Vitamin B2)	26
Vitamin B6	26
Vitamin B12	10

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.

Frozen Strawberry Pops

Makes 8 pops



Ingredients

- 2 cups (500 mL) fresh (washed and trimmed) or frozen strawberries
- 8 oz (250 g) 1 package of cream cheese, softened
- 200 mL (1 serving) prepared Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- 1/4 cup (60 mL) pure maple syrup

Directions

- In a blender, combine the strawberries, maple syrup and Enfagrow A+® Vanilla or Milk Flavour and puree until smooth.
- Add the cream cheese and blend until combined.
- Pour into popsicle molds and insert sticks.
- Freeze until solid, for 2-4 hours or up to 2 weeks.



This recipe contributes to a balanced plate by including: **Vegetables & Fruits**

Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	195 kcal
Fat	12 g
DHA (a type of Omega-3 fat)	3 mg
Carbohydrate	21 g
Protein	3 g

Selected Key Nutrients	% Daily Req. per Serving*
Vitamin C	>100
Niacin (Vitamin B3)	16
Riboflavin (Vitamin B2)	70
Zinc	18
Magnesium	19

*Recommended Dietary Allowances/Adequate Intakes for toddlers 1-3 years of age. Note: Nutritional analysis is approximate and may vary depending on ingredient brands used.



Shopping Lists



Strawberry Smoothie

- Enfagrow A+® Toddler & Child Nutritional Drink Vanilla or Milk Flavour
- Frozen strawberries

Banana Smoothie

- Enfagrow A+® Toddler & Child Nutritional Drink Vanilla or Milk Flavour
- Frozen bananas

Pancakes

- Enfagrow A+® Toddler & Child Nutritional Drink Vanilla or Milk Flavour
- Whole wheat flour
- Baking powder
- Omega-3 egg
- Vegetable oil
- Strawberries

French Toast

- Enfagrow A+® Toddler & Child Nutritional Drink Vanilla or Milk Flavour
- Omega-3 egg
- Whole grain bread
- Butter

Scrambled Eggs

- Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Omega-3 eggs
- Butter

Classic Broccoli Cheddar Soup

- Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Broccoli
- Onion
- Baking potatoes
- Garlic
- Reduced-sodium chicken or vegetable broth
- Grated orange rind
- Dried thyme
- Salt and pepper
- 2% milk
- Cheddar cheese

Baked Macaroni and Cheese

- Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Whole grain elbow macaroni

- Butter
- All-purpose flour
- Mustard powder
- 2% milk
- Yellow onion
- Bay leaf
- Paprika
- Omega-3 egg
- Sharp cheddar cheese
- Salt and pepper
- Panko bread crumbs

Stove Top Macaroni and Cheese

- Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Whole grain elbow macaroni
- Medium Canadian cheddar cheese
- Omega-3 egg
- All-purpose flour
- Butter
- 2% milk
- Pepper
- Dry mustard

Hummus

- Enfagrow A+® Child Nutritional Drink Milk Flavour
- Canned chickpeas
- Lemon juice
- Tahini
- Garlic
- Salt

Chicken Nuggets

- Enfagrow A+® Child Nutritional Drink Milk Flavour
- Chicken breast
- Milled flax seed
- Bread crumbs
- Grated Parmesan cheese
- Salt and pepper
- Italian seasoning
- Garlic powder
- Paprika
- Omega-3 eggs



Shopping Lists



Chocolate Pudding

- Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Chocolate instant pudding mix
- 2% milk

Oatmeal Chocolate Chip Cookies

- Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Butter
- Brown sugar
- Omega-3 eggs
- Quick-cooking rolled oats
- All-purpose flour
- Baking powder
- Salt
- Chocolate chips

Banana Muffins

- Enfagrow® A+® Toddler & Child Nutritional Drink Milk Flavour
- All-purpose flour
- Whole wheat flour
- Brown sugar

- Baking powder
- Salt
- Baking soda
- Oats
- Omega-3 eggs
- Vegetable oil
- Bananas

Frozen Triple Berry Pops

- Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Fresh or frozen strawberries
- Fresh or frozen blueberries
- Raspberry-flavoured yogurt
- Pure maple syrup

Frozen Banana Pineapple Pops

- Enfagrow® A+® Toddler & Child Nutritional Drink Milk Flavour
- Banana
- Frozen or drained canned pineapple chunks
- Plain or vanilla flavoured Greek yogurt
- Pure maple syrup

Frozen Strawberry Pops

- Enfagrow A+® Toddler & Child Nutritional Drink Milk Flavour
- Fresh or frozen strawberries
- Cream cheese
- Pure maple syrup