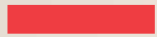


Toddler Recipe Book

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



Enfagrow® A+® Recipes for Your Toddler

Enfagrow A+ contains DHA, a type of Omega-3 fat and an important building block of the brain. These simple recipes will help you include 2 servings per day of Enfagrow A+ and helps support your toddler in getting the balanced nutrition needed for healthy development.



- Strawberry Smoothie 3
- Banana Smoothie 4
- Pancakes 5
- French Toast 6
- Scrambled Eggs 7
- Classic Broccoli Cheddar Soup. 8
- Baked Macaroni and Cheese 9
- Stove Top Macaroni and Cheese 10
- Hummus. 11
- Chicken Nuggets. 12

- Chocolate Pudding 13
- Oatmeal Chocolate Chip Cookies 14
- Banana Muffins. 15
- Frozen Triple Berry Pops 16
- Frozen Banana Pineapple Pops. 17
- Frozen Strawberry Pops. 18
- Shopping Lists 19



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Strawberry Smoothie

Makes 2 servings

Ingredients

1 serving (200 mL) of prepared **Enfagrow® A*® Toddler 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	Selected Key Nutrients	% Daily Req. per Serving*
Calories	106 kcal	Vitamin C	>100
Fat	3 g	Biotin	>100
DHA (a type of Omega-3 fat)	9 mg	Zinc	47
Carbohydrate	17 g	Vitamin A	42
Protein	3 g	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 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	Selected Key Nutrients	% Daily Req. per Serving*
Calories	147 kcal	Biotin	>100
Fat	3 g	Vitamin B6	91
DHA (a type of Omega-3 fat)	9 mg	Vitamin C	77
Carbohydrate	27 g	Zinc	47
Protein	4 g	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 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+ Toddler 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.

Variation

Replace the strawberries with other diced fruit that your toddler may enjoy such as bananas or blueberries. Bananas are an excellent source of potassium and blueberries are high in antioxidants!

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	144 kcal
Fat	8 g
DHA (a type of Omega-3 fat)	15-24 mg
Carbohydrate	16 g
Protein	4 g

Selected Key Nutrients	% Daily Req. per Serving*
Vitamin C	65
Biotin	73
Zinc	28
Iron	18
Calcium	17

*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 and temperature of cooking.

French Toast

Makes 2 servings

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

Ingredients

- 1 Omega-3 egg
- ¼ cup (60 mL) of prepared **Enfagrow® A+® Toddler 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+ Toddler 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	179 kcal
Fat	10 g
DHA (a type of Omega-3 fat)	40–65 mg
Carbohydrate	15 g
Protein	8 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	66
Vitamin A	44
Niacin (Vitamin B3)	41
Zinc	28
Iron	20

*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 and temperature of cooking.

Scrambled Eggs

Makes 2 servings

Ingredients

2 Omega-3 eggs
¼ cup (60 mL) of prepared **Enfagrow® A+® Toddler 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+ Toddler 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.

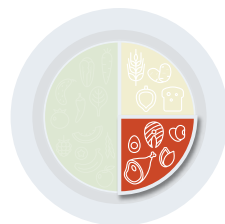
Let the eggs cook for up to a minute or until the bottom starts to set.

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 Suggestion: Transfer on 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	111 kcal
Fat	8 g
DHA (a type of Omega-3 fat)	78-128 mg
Protein	8 g
Carbohydrate	4 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	56
Vitamin A	48
Iron	16
Niacin (Vitamin B3)	15
Zinc	13

*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 and temperature of cooking.

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 (2 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 Milk Flavour**
- 1 tsp (2 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+ Toddler 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 Suggestion: 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	249 kcal
Fat	10 g
DHA (a type of Omega-3 fat)	3 mg
Protein	14 g
Carbohydrate	28 g

Selected Key Nutrients	% Daily Req. per Serving*
Vitamin C	>100
Vitamin K	>100
Vitamin B6	>100
Calcium	51
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 and temperature of cooking.

Baked Macaroni and Cheese

Makes 2 servings

Ingredients

1 cup (250 mL) of whole grain elbow macaroni
1/3 bay leaf
1/4 tsp (1 mL) paprika
1 tbsp (15 mL) butter
1/3 large Omega-3 egg, beaten
1 tbsp (15 mL) all-purpose flour
4 oz (120 g) sharp cheddar cheese, shredded
1 tsp (5 mL) mustard powder
Salt and pepper to season
1/2 cup (125 mL) prepared **Enfagrow® A*® Toddler Milk Flavour**
Topping
1/2 cup (125 mL) 2% milk
1 tbsp (15 mL) butter
1/8 cup + 2 tsp (40 mL) yellow onion, finely diced
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* Toddler 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	684 kcal
Fat	37 g
DHA (a type of Omega-3 fat)	18-26 mg
Protein	27 g
Carbohydrate	60 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	>100
Thiamin (Vitamin B1)	>100
Vitamin A	71
Calcium	83
Iron	46

*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 and temperature of cooking.

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 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+ Toddler 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.



This recipe contributes to a balanced plate by including:

Whole Grain Foods
Protein Foods



Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	674 kcal
Fat	39 g
DHA (a type of Omega-3 fat)	41-66 mg
Carbohydrate	50 g
Protein	35 g

Selected Key Nutrients	% Daily Req. per Serving*
Thiamine (Vitamin B1)	>100
Folate	86
Vitamin A	51
Zinc	46
Iron	37
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 and temperature of cooking.

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 Vanilla**
or **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+ Toddler Vanilla or 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.



This recipe contributes to a balanced plate by including:

Protein Foods



Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	397 kcal
Fat	27 g
DHA (a type of Omega-3 fat)	2 mg
Protein	14 g
Carbohydrate	30 g

Selected Key Nutrients	% Daily Req. per Serving*
Thiamin (Vitamin B1)	>100
Phosphorus	87
Zinc	83
Iron	49
Dietary Fiber	44

*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.

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) prepared **Enfagrow® A+® Toddler 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+ Toddler 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.

Serving Suggestion: 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	491 kcal
Fat	23 g
DHA (a type of Omega-3 fat)	84-134 mg
Protein	36 g
Carbohydrate	40 g

Selected Key Nutrients	% Daily Req. per Serving*
Niacin (Vitamin B3)	>100
Vitamin A	83
Vitamin B12	76
Iron	74
Calcium	50

*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 and temperature of cooking.



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 Vanilla** or **Milk Flavour**

Directions

Beat the pudding mix, prepared Enfagrow A* Toddler 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 (1/2 cup)

Selected Key Nutrients	Amount	Selected Key Nutrients	% Daily Req. per Serving*
Calories	181 kcal	Biotin	>100
Fat	4 g	Vitamin B12	54
DHA (a type of Omega-3 fat)	5 mg	Magnesium	46
Protein	5 g	Calcium	24
Carbohydrate	34 g	Iron	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.

Oatmeal Chocolate Chip Cookies

Makes 5 dozen cookies

Ingredients

½ cup (125 mL) or 1 stick of butter, softened
1 ½ 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 Vanilla** or **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+ Toddler 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	102 kcal
Fat	4 g
DHA (a type of Omega-3 fat)	3-5 mg
Protein	2 g
Carbohydrate	15 g

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

*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 and temperature of cooking.

Banana Muffins

Makes about 18 muffins

Ingredients

- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- ¾ cup (175 mL) brown sugar
- 5 tsp (25 mL) baking powder
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) baking soda
- 1 ½ 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 Vanilla** or **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+ Toddler 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.



This recipe contributes to a balanced plate by including:

Vegetables & Fruits
Whole Grains



Nutritional Information per serving (1 muffin)

Selected Key Nutrients	Amount
Calories	179 kcal
Fat	6 g
DHA (a type of Omega-3 fat)	9–15 mg
Carbohydrate	28 g
Protein	4 g

Selected Key Nutrients	% Daily Req. per Serving*
Biotin	29
Niacin (Vitamin B3)	25
Iron	21
Thiamin (Vitamin B1)	22
Calcium	15

*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 and temperature of cooking.

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 Vanilla** or **Milk Flavour**
- ½ 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 Vanilla or 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	Selected Key Nutrients	% Daily Req. per Serving*
Calories	68 kcal	Vitamin C	>100
Fat	1 g	Biotin	61
DHA (a type of Omega-3 fat)	3 mg	Riboflavin (Vitamin B2)	20
Protein	2 g	Zinc	16
Carbohydrate	12 g	Vitamin A	13

*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+® Toddler Vanilla** or **Milk Flavour**
- ½ 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+ Toddler Vanilla or 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	Selected Key Nutrients	% Daily Req. per Serving*
Calories	67 kcal	Biotin	63
Fat	1 g	Vitamin C	33
DHA (a type of Omega-3 fat)	3 mg	Riboflavin (Vitamin B2)	29
Protein	3 g	Vitamin B6	27
Carbohydrate	12 g	Vitamin B12	20

*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 Vanilla** or **Milk Flavour**
¼ cup (60 mL) pure maple syrup

Directions

In a blender, combine the strawberries, maple syrup and Enfagrow A+ Toddler 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

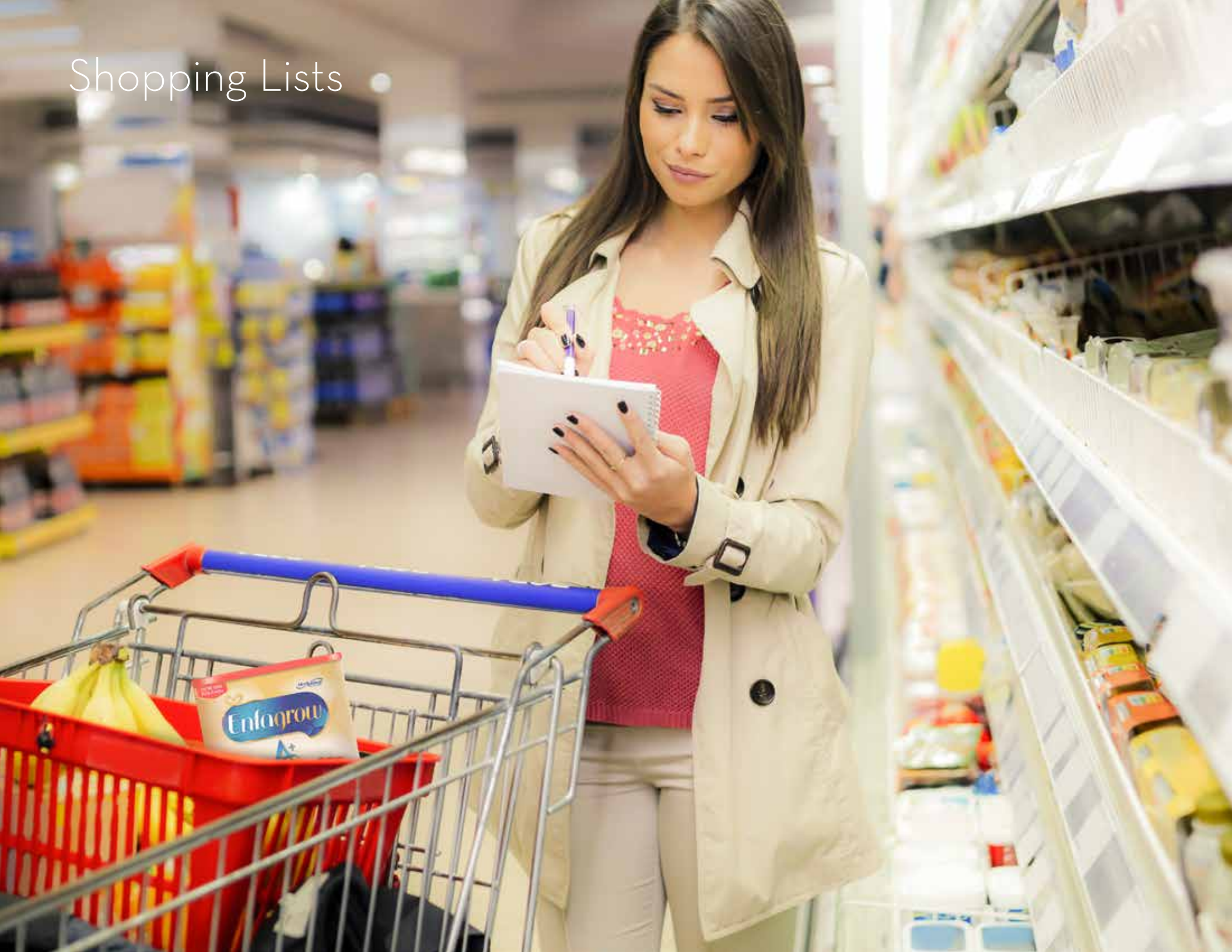


Nutritional Information per serving (1 pop)

Selected Key Nutrients	Amount	Selected Key Nutrients	% Daily Req. per Serving*
Calories	142 kcal	Vitamin C	>100
Fat	9 g	Riboflavin (Vitamin B2)	37
DHA (a type of Omega-3 fat)	2 mg	Niacin (Vitamin B3)	16
Protein	3 g	Zinc	15
Carbohydrate	14 g	Magnesium	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.

Shopping Lists



Strawberry Smoothie

- Enfagrow® A+® Toddler Vanilla**
or **Milk Flavour**
- Frozen strawberries

Banana Smoothie

- Enfagrow® A+® Toddler Vanilla**
or **Milk Flavour**
- Frozen bananas

Pancakes

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

French Toast

- Enfagrow® A+® Toddler Vanilla**
or **Milk Flavour**
- Omega-3 egg
- Whole grain bread
- Butter

Scrambled Eggs

- Enfagrow® A+® Toddler Milk Flavour**
- Omega-3 eggs
- Butter

Classic Broccoli Cheddar Soup

- Enfagrow® A+® Toddler 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 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 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+® Toddler Vanilla or Milk Flavour**
- Canned chickpeas
- Lemon juice
- Tahini
- Garlic
- Salt

Chicken Nuggets

- Enfagrow® A+® Toddler Milk Flavour**
- Chicken breast
- Milled flax seed
- Bread crumbs
- Grated parmesan cheese
- Salt and pepper
- Italian seasoning
- Garlic powder
- Paprika
- Omega-3 eggs

Chocolate Pudding

- Enfagrow® A+® Toddler Vanilla or Milk Flavour**
- Chocolate instant pudding mix
- 2% milk



Oatmeal Chocolate Chip Cookies

- Enfagrow® A+® Toddler Vanilla** or **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 Vanilla** or **Milk Flavour**
- All-purpose flour
- Whole wheat flour
- Brown sugar
- Baking powder
- Salt
- Baking soda
- Oats
- Omega-3 eggs
- Vegetable oil
- Bananas

Frozen Banana Pineapple Pops

- Enfagrow® A+® Toddler Vanilla** or **Milk Flavour**
- Banana
- Frozen or drained canned pineapple chunks
- Plain or vanilla flavoured Greek yogurt
- Pure maple syrup

Frozen Strawberry Pops

- Enfagrow® A+® Toddler Vanilla** or **Milk Flavour**
- Fresh or frozen strawberries
- Cream cheese
- Pure maple syrup

Frozen Triple Berry Pops

- Enfagrow® A+® Toddler Vanilla** or **Milk Flavour**
- Fresh or frozen strawberries
- Fresh or frozen blueberries
- Raspberry-flavoured yogurt
- Pure maple syrup

