

# Enfagrow<sup>®</sup> A<sup>+</sup><sup>®</sup>

## [ Toddler Recipe Book ]

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



For more information, visit [Enfagrow.ca](http://Enfagrow.ca)

# Enfagrow® A+® Recipes for Your Toddler

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Enfagrow A+ now 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 help ensure your toddler gets the balanced nutrition needed for healthy development.



Join our **Enfagrow A+ Toddler Community @ [Enfagrow.ca](https://www.enfagrow.ca)**

# [ 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!

## Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	106 kcal
Fat	3 g
DHA (a type of Omega-3 fat)	9 mg
Carbohydrate	17 g
Protein	3 g
Selected Key Nutrients	% Daily Requirements per Serving*
Vitamin C	>100
Biotin	>100
Zinc	47
Vitamin A	42
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.

## Food Guide Serving Equivalents:

1 serving of vegetables and fruit



# Banana Smoothie



Makes **2 servings**

## Ingredients

- 1 serving (200 mL) of prepared **Enfagrow® A+® Toddler Vanilla** or **Milk Flavour**
- 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!

## Nutritional Information per serving

Selected Key Nutrients	Amount
Calories	147 kcal
Fat	3 g
DHA (a type of Omega-3 fat)	9 mg
Carbohydrate	27 g
Protein	4 g
Selected Key Nutrients	% Daily Requirements per Serving*
Biotin	>100
Vitamin B6	91
Vitamin C	77
Zinc	47
Vitamin A	42

## Food Guide Serving Equivalents:

1 serving of vegetables and fruit



\*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

- $\frac{3}{4}$  cup (175 mL) of whole wheat flour
- $\frac{1}{2}$  tbsp (8 mL) baking powder
- 1 serving (200 mL) of prepared **Enfagrow® A+® Toddler Vanilla** or **Milk Flavour**
- 1 Omega-3 egg, slightly beaten
- $1\frac{1}{2}$  tbsp (22 mL) vegetable oil
- 1 tbsp (15 mL) vegetable oil
- $\frac{1}{2}$  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  $1\frac{1}{2}$  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  $\frac{1}{4}$  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.

## 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 Requirements 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.

## Food Guide Serving Equivalents:

1 serving of grain products



# French Toast

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

Makes **2 servings**



## Ingredients

- 1 Omega-3 egg
- 1/4 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 is very important for your toddler's normal brain and eye development.†

## 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.

## Nutritional Information per serving (1 toast)

Selected Key Nutrients	Amount
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Calories	179 kcal
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Fat	10 g
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DHA (a type of Omega-3 fat)	40-65
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Carbohydrate	15 g
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Protein	8 g
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Selected Key Nutrients	% Daily Requirements per Serving*
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Biotin	66
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Vitamin A	44
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Niacin (Vitamin B3)	41
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Zinc	28
------	----

Iron	20
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\* 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.

## Food Guide Serving Equivalents:

1 serving of grain products



# Scrambled Eggs

Makes 2 servings



## Ingredients

- 2 Omega-3 eggs
- 1/4 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 is very important for your toddler's normal brain and eye development.†

## 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.

## 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 Requirements 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.

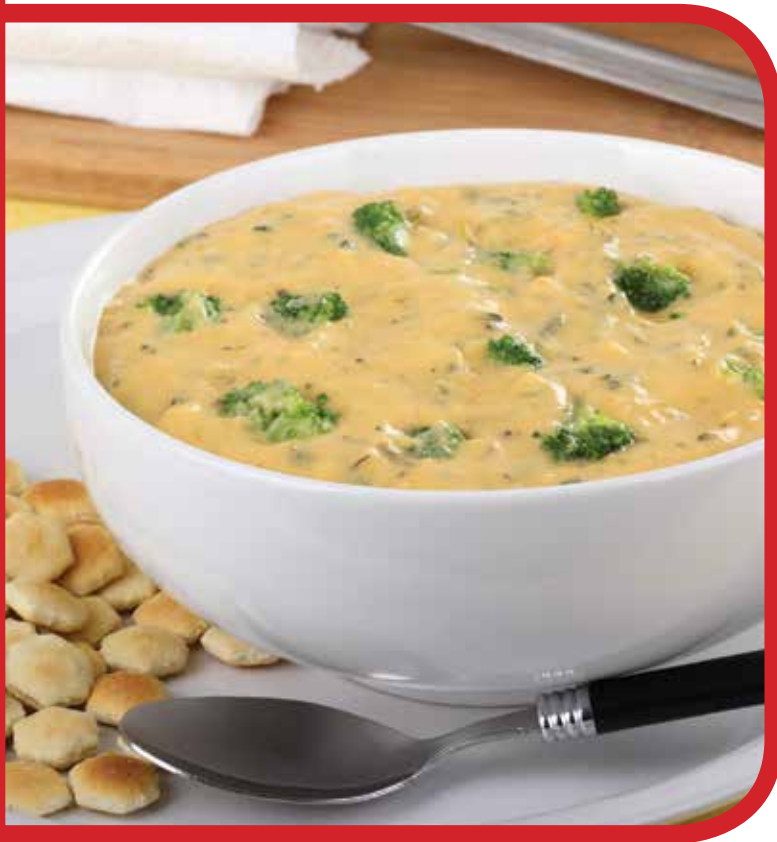
## Food Guide Serving Equivalents:

1/2 serving of meat and alternatives



# 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.

## Nutritional Information per serving

Selected Key Nutrients	Amount
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Calories	249 kcal
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Fat	10 g
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DHA (a type of Omega-3 fat)	3 mg
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Protein	14 g
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Carbohydrate	28 g
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Selected Key Nutrients	% Daily Requirements per Serving*
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Vitamin C	>100
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Vitamin K	>100
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Vitamin B6	>100
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Calcium	51
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Iron	31
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\*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.

## Food Guide Serving Equivalents:

1 serving of milk and alternatives





# 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
- 1/2 cup (125 mL) prepared **Enfagrow® A+® Toddler 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+ 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.

## 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 Requirements 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.

## Food Guide Serving Equivalents:

- 1 serving of grain products
- 2 servings of milk and alternatives



# 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 is very important for your toddler's normal brain and eye development.†

## 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.

## Nutritional Information per serving

Selected Key Nutrients	Amount
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Calories	674 kcal
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Fat	39 g
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DHA (a type of Omega-3 fat)	41-66 mg
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Carbohydrate	50 g
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Protein	35 g
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Selected Key Nutrients	% Daily Requirements per Serving*
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Thiamine (Vitamin B1)	>100
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Folate	86
--------	----

Vitamin A	51
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Zinc	46
------	----

Iron	37
------	----

\* 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.

## Food Guide Serving Equivalents:

1 serving of grain products

2 servings of milk and alternatives



# [ 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.

## 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 Requirements per Serving*
Thiamin (Vitamin B1)	>100
Phosphorus	87
Zinc	83
Iron	49
Dietary Fiber	44

## Food Guide Serving Equivalents:

1/2 serving of meat and alternatives



\*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.

## Nutritional Information per serving

Selected Key Nutrients	Amount
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Calories	491 kcal
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Fat	23 g
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DHA (a type of Omega-3 fat)	84-134 mg
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Protein	36 g
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Carbohydrate	40 g
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Selected Key Nutrients	% Daily Requirements per Serving*
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Niacin (Vitamin B3)	>100
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Vitamin A	83
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Vitamin B12	76
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Iron	74
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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.

## Food Guide Serving Equivalents:

1 serving of meat and alternatives



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

- 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 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 Requirements 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
- $\frac{3}{4}$  cup (175 mL) brown sugar
- 5 tsp (25 mL) baking powder
- 1 tsp (5 mL) salt
- $\frac{1}{2}$  tsp (2 mL) baking soda
- 1  $\frac{1}{2}$  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 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  $\frac{2}{3}$  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  $\frac{2}{3}$  cup (175 mL) of raisins.

## Nutritional Information per serving (1 muffin)

Selected Key Nutrients	Amount
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Calories	179 kcal
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Fat	6 g
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DHA (a type of Omega-3 fat)	9-15 mg
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Carbohydrate	28 g
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Protein	4 g
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Selected Key Nutrients	% Daily Requirements per Serving*
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Biotin	29
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Niacin (Vitamin B3)	25
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Iron	21
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Thiamin (Vitamin B1)	22
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Calcium	15
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\*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.

## Food Guide Serving Equivalents:

1 serving of grain products



# [ 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**
- 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 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.

## Nutritional Information per serving (1 pop)

Selected Key Nutrients	Amount
Calories	68 kcal
Fat	1 g
DHA (a type of Omega-3 fat)	3 mg
Protein	2 g
Carbohydrate	12 g
Selected Key Nutrients	% Daily Requirements per Serving*
Vitamin C	>100
Biotin	61
Riboflavin (Vitamin B2)	20
Zinc	16
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**
- 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+ 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.



## Nutritional Information per serving (1 pop)

Selected Key Nutrients	Amount
Calories	67 kcal
Fat	1 g
DHA (a type of Omega-3 fat)	3 mg
Protein	3 g
Carbohydrate	12 g
Selected Key Nutrients	% Daily Requirements per Serving*
Biotin	63
Vitamin C	33
Riboflavin (Vitamin B2)	29
Vitamin B6	27
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.

## Nutritional Information per serving (1 pop)

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



## [ 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



For more information, visit [Enfagrow.ca](http://Enfagrow.ca)



## [ 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



For more information, visit [Enfagrow.ca](http://Enfagrow.ca)



## [ 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
- Pepper
- 2% milk
- Salt
- Cheddar cheese



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## [ 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
- Pepper
- Panko bread crumbs



For more information, visit [Enfagrow.ca](http://Enfagrow.ca)



## [ 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



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## [ 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



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## SHOPPING LIST

# [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



For more information, visit [Enfagrow.ca](http://Enfagrow.ca)

# [ 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



For more information, visit [Enfagrow.ca](http://Enfagrow.ca)

## [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

## [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



For more information, visit [Enfagrow.ca](http://Enfagrow.ca)

# [Frozen Strawberry Pops]

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



For more information, visit [Enfagrow.ca](http://Enfagrow.ca)