

NUTRICIA

NEOCATE SYNEO RECIPE BOOK



This information is intended for parents or carers of children who have been prescribed Neocate Syneo by a healthcare professional.

Neocate Syneo is a Food for Special Medical Purposes for the dietary management of Cow's Milk Allergy, Multiple Food Protein Allergies and other conditions where an amino acid based formula is recommended. It must be used under medical supervision after full consideration of all feeding options, including breastfeeding.

Accurate at time of publication: September 2021

neocate[®]
SYNEO

INTRODUCTION



Learning to manage your child's food allergies can be a challenging time for parents to begin with, as you start to gain control of symptoms in the early days and later when weaning and introducing new foods into their diet.

Weaning onto solid foods should begin between 4-6 months of age or when advised by your healthcare professional. Tastes and more varied textures are gradually introduced over time according to your baby's stage of development and their age.

Foods introduced to your child's diet should avoid the food proteins that they are allergic to (for example, a child with cow's milk allergy must avoid all foods containing any cow's milk protein). Learning to read food labels to check for the relevant food allergens will become an important new skill to learn!

Whilst it might seem a lot to think about to begin with, remember that weaning is an exciting time where new colours, tastes and textures can be explored, to encourage a varied diet over time as your child grows up.

Excluding some food proteins such as cow's milk where a child has an allergy can make it more challenging to meet their needs for some important nutrients.

Your Dietitian can help advise which foods your child should avoid based on their allergies, when to introduce certain foods, and also which foods to include more of to ensure they are getting enough of the right nutrients as they grow up.

This Neocate Syneo recipe booklet is intended for parents or carers of children who have been prescribed Neocate Syneo due to cow's milk allergy, multiple food protein allergies and other conditions where an amino acid based formula is recommended. It provides meal ideas to be used throughout weaning, with each recipe including Neocate Syneo, to increase the amount of nutrition provided by the recipe for your child.

The Neocate Syneo added to these recipes is not intended to replace breastfeeds or formula feeds from a bottle or cup, which should continue as normal in most cases.

You should always discuss introducing new foods to your child's diet with your healthcare professional, who can also advise on continuing breast or bottle feeding, and how much of either they should continue to drink as they grow up.

We hope you enjoy the recipes in this booklet, and that they make this next exciting stage in your child's development a little easier!



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What is Neocate Syneo?

Neocate Syneo is an amino acid-based, hypoallergenic formula with additional friendly bacteria, designed for infants with Cow's Milk Allergy.

It is prescribed for the dietary management of Cow's Milk Allergy (CMA), Multiple Food Protein Allergies (MFPA) and other conditions that require an Amino Acid-based Formula (AAF).

Neocate Syneo does not contain any cow's milk protein, so it eliminates the possibility of a reaction in babies allergic to this protein. It is manufactured in a cow's milk-free environment and packaged in a protective atmosphere to provide a high quality product.

Neocate Syneo can meet your baby's complete nutritional requirements.



The preparation instructions for Neocate Syneo differ to standard formulas you buy in a supermarket and some other hypoallergenic formulas. Please check the instructions on the label and follow them carefully.

Neocate Syneo is prepared with water at room temperature that has been previously boiled, as this helps to preserve the friendly bacteria. It is important to always follow the preparation instructions that are provided on the Neocate Syneo product label carefully.

Preparation instructions when adding Neocate Syneo powder to recipes

- 1 Wash hands thoroughly and clean preparation area.
- 2 Fill the scoop provided with Neocate Syneo and level off with a clean, dry knife. Do not press the powder into the scoop. Only use the scoop provided.
- 3 Add the noted number of scoops of Neocate Syneo to the recipe when it has cooled down and is ready to feed.



Storage

Powdered formula is not sterile. It is best to add Neocate Syneo to foods immediately prior to feeding. Any uneaten food containing Neocate Syneo should be discarded after one hour.

Sealed tins of Neocate Syneo should be stored in a cool, dry place and used by the expiration date, which is located on the bottom of each tin. Opened tins of Neocate Syneo should be covered with the plastic lid, and used within two weeks of opening.

Cooking with Neocate Syneo

You can create a range of tasty recipes for your baby which contain Neocate Syneo. The recipes in this book are designed to support you in introducing suitable weaning foods into your baby's diet, as well as making meal times fun and exciting for both of you.

The recipes in this booklet are designed for use with Neocate Syneo as the powder is added once the food has cooled down to room temperature and is ready to feed. This is because Neocate Syneo contains friendly bacteria and adding Neocate Syneo to very hot foods, or preparing at a very high temperature can kill the friendly bacteria and stop them from working, and it may affect the vitamin and mineral content of the product.

Where recipes include cooled, boiled water as an ingredient, follow the advice on the tin to help ensure the water is at the correct temperature:



1 Boil fresh water until a kettle switches off.



2 Pour into a sterilised bottle or container, replace the lid.



3 Allow to cool until the water reaches room temperature.



4 Then use the water in the recipe as directed.

Depending on the recipe, Neocate Syneo can be added as a powder or as a made-up liquid formula. Whichever you use, it should be added just before serving the dish to your baby, because very high heat in cooking inactivates the friendly bacteria in Neocate Syneo and may change the taste of the dish. It's best to wait until it is cool enough for feeding.

With some recipes, ingredients can be swapped for other foods. For those recipes, we have suggested substitute foods to try. As a rule, always stick to the preparation instructions on the back of the tin or pack of that particular food.



Also remember to check the labels of all foods and ingredients to ensure they are suitable for your baby's allergies.

The recipes and ingredients in this book may need to be adapted to provide a suitable size and texture for your baby's stage of weaning and development. Always supervise your baby when they are feeding.

Preparing in Advance

You may wish to prepare some of the recipes in this book in advance, or store leftovers in the fridge or freezer to use later on.

Recipes prepared with Neocate Syneo already mixed in should be served and consumed straight away without being reheated. We therefore recommend only adding Neocate Syneo to the portion(s) of the recipe which you plan to feed your baby immediately.

If you are making meals in advance or creating further portions to freeze, freeze the portions without the Neocate Syneo added. Neocate Syneo can then be added after defrosting or reheating, just before it is served to your baby.



Remember to always follow food safety advice when cooking, storing or reheating foods for your baby.

One last thing

In some of the recipes we advise you to use a pan, however in some instances you can also use a microwave oven. After microwaving, stir the food well and leave it to stand for one minute before serving - this will prevent hot spots in the food. In addition, please be careful not to add the Neocate Syneo until the food has come out of the microwave oven and the food has cooled down to room temperature and is ready to feed to your baby.

Introducing Your Baby To New Foods

The introduction of certain semi-solid/solid foods into your baby's diet is often referred to by a doctor or dietitian as the "food introduction" or weaning phase.

This should be done in a planned, step by step way over time to help you understand which foods your child may be allergic to. Before you start, you should take advice from your child's doctor or dietitian.

5 golden rules for introducing new foods*

1

Start by introducing foods least likely to cause an allergic reaction like root vegetables and fruit.

Speak to your doctor or dietitian for advice.

2

Introduce new foods one at a time and only when your child is well.

This way, if your child has an allergic reaction it can be quickly identified.

3

Know the length of time required for each new food introduction.

With immediate allergies introducing one new food every day may be fine, but for delayed reactions you may need to repeat the food for a couple of days. Your child's doctor or dietitian will be able to advise you on this.

4

Give only small amounts of foods at first.

Try a small teaspoon initially or less if your doctor or dietitian recommends it. If your child shows no symptoms, gradually increase the amount over several days.

5

Continue to give your child the foods that are tolerated.

*This guide is for information purposes only and is in no way intended to replace the care, advice and medical supervision of your own doctor or dietitian. Always consult with your Healthcare Professional before making any changes to your child's diet.



What if your child reacts to new foods?

- Stop giving this food to your child immediately.
- If your baby has a severe allergic reaction, seek medical advice immediately.
- Record the date of the reaction and the symptoms that occurred.
- Discuss this with your doctor or dietitian.
- Wait until your baby is better before introducing another new food.

Should I reintroduce problem foods?

Children can outgrow their allergies. If a food is no longer considered a trigger, you may be able to reintroduce it into your child's diet. Always follow the advice of your doctor or dietitian about the best approach for reintroducing foods to your baby's diet.



WEANING

Every baby is different and their allergy should therefore be managed individually. Developmental signs of readiness for solid food, and your opinion as a parent, should be taken into consideration.

Signs of developmental readiness*

- Starts to demand feeds more frequently over a time period of more than one week.
- Is able to sit up with support, and head control is evident
- Shows an interest in food – may be reaching out for food

*Remember prior to weaning, many babies start chewing on their fists/fingers, which is called mouthing and prepares the mouth for food to come.

Developmental signs such as these are usually seen between 4-6 months. However, guidance on when to start weaning varies and you should always consult with your doctor or dietitian as to when it is the right time to start introducing weaning foods to your baby.



Weaning is not just about the taste and texture of the new foods you choose to introduce your baby to. Remember that the sight and smell of the food is also very stimulating to the baby.

COLOURS

Children are stimulated by different colours. Vegetables and fruits are great first taste foods and offer a huge variety of colours that can be used at each of the different stages of weaning.

Top row from left:	Melon, Mushroom, Red Pepper, Red Onion, Yellow Pepper.
Second row from left:	Green Beans, Beetroot, Kiwi Fruit, Cauliflower, Tomatoes.
Third row from left:	Green Lentils, Strawberries, Baked Beans, Kidney Beans, Sweetcorn.
Fourth row from left:	Potato, Sweet Potato, Red Cabbage, Green Pepper, Apricots.
Fifth row from left:	Celery, Spinach, Leeks, Carrot, Cannellini Beans.



Texture

Different textures can easily be obtained with the same foods by altering the amount of time spent mashing or blending each food.

Samples from the smoothest stages can be added to the next stage to ease transition.

From around 6 months of age, soft munchable finger foods can be introduced.

See below from top to bottom:

Broccoli/Cauliflower/Butternut squash

Smell

Foods may be the same colour, such as potato, onion and cauliflower, or broccoli, peas and green pepper, but each has a very distinctive smell.

Smell is an important part of tasting foods. Smell triggers saliva production in the mouth, which helps the child to taste and swallow the food properly.

It also aids production of digestive juices in the stomach, which assists with digestion.

**Blended (2 minutes)
add a little water**

**Mashed with a fork
(10-20 seconds)**

**Small individual
pieces**



**Blended (1 minute)
add a little water**

**Mashed with a fork
(40-50 seconds)**

THE STAGES OF WEANING

STAGE 1*

AROUND 4-6 MONTHS
(17-26 WEEKS)

- Smooth puréed fruits and vegetables, as well as baby rice.
- Choose foods that purée easily.
- Try one at a time first, then combine flavours.
- For example, broccoli, sweet potato, potato, carrots, parsnip, swede, apples, pears, avocado, banana, mango, peach, melon.
- Your doctor or dietitian will advise you on the introduction of eggs, fish, wheat and nuts.

STAGE 2*

6-9 MONTHS

- Thicker consistency with some lumps; some soft finger foods can also be introduced at this stage.
- More textured fruits, vegetables, baby rice, meat, pulses, (eggs, fish, bread, baby pasta and cereals if allowed).
- Some parents choose to follow the baby-led weaning approach from 6 months onwards. It is important that you check that this is appropriate with your dietitian, because your child needs to have the necessary oral motor skills and also needs to be growing well for this weaning method. Often a combination of methods works better for allergic children. Please speak to your doctor or dietitian for more information.
- Teething foods – give your baby something hard to chew on, such as a teething ring. It may also include a crust of bread or bread stick (if allowed), or a steamed peeled carrot (always supervise your baby to avoid choking). Avoid sugary foods such as rusks to prevent tooth decay.

STAGE 3*

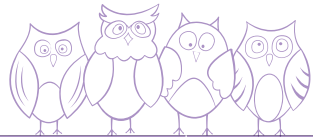
10-12 MONTHS

- Expand the variety of finger foods.
- Include mashed, chopped and minced foods.
- Offer a range of fruits, vegetables, potatoes, quinoa, rice, meat, pulses, (eggs, fish, bread, noodles, pasta and cereals if allowed).
- Continue the teething foods (see Stage 2).

*All information presented here is for guidance purposes only. Always consult with your doctor or dietitian on the correct time to introduce appropriate solids into your baby's diet.

WHAT TO EXPECT?

- Expect a mess! Touching and playing with food, the spoon and the bowl are all part of weaning and learning.
- Sucking from a spoon is new and will take a bit of time to master.
- Offer 1 teaspoon of solids after some of their usual milk feed in the morning time so that any reaction can be observed.
- Offer one new food at a time, unless advised otherwise by your Healthcare Professional.
- Offer a new food every 3 days, unless advised otherwise by your Healthcare Professional.
- It's a good idea to keep a record because it's easier to observe any link between food, symptoms and timings – for example:



DATE	TIME	FOOD EATEN / MEDICATION TAKEN	QUANTITY	SYMPTOMS EXPERIENCES & DESCRIPTION	TIME / DURATION DATE
May 12	10.30	Carrot purée	1 teaspoon	Crying longer than usual	10.45- 11.45
May 13	10.30	Carrot purée	1 teaspoon	-	-
May 14	10.30	Carrot purée	2 teaspoons	Diarrhoea yellow	11.15 once
May 15	10.30	Baby rice + Neocate	1 teaspoon	-	-
May 16	10.30	Baby rice + Neocate	1 teaspoon	-	-



Allergen advice

All the recipes included in this collection avoid the use of cow's milk. Make sure that you check the ingredients list on all labels however, to ensure that any products used also don't contain cow's milk.

The icons on the right indicate potentially allergenic ingredients used in the recipes throughout, to help you spot them more easily. You will find these icons on the top right hand side of every recipe should they contain any of these ingredients.

CONTAINS



EGGS



FISH OR SHELLFISH



WHEAT

Please remember...

- Only use recipes if your baby can tolerate all the ingredients.
- Always check food labels to ensure ingredients are suitable for your child.
- Don't risk contaminating your child's food with problem foods (like feeding your child with a spoon that's just been used to stir a cup of milky tea).
- Don't reheat cooked foods.

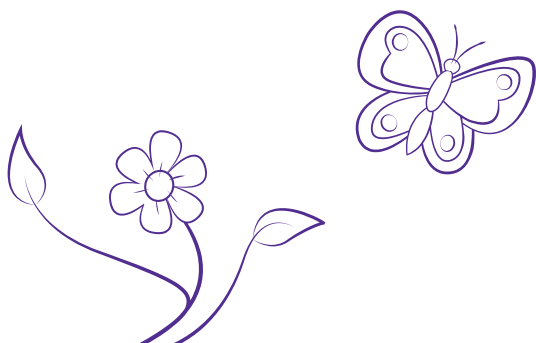


Always read the label

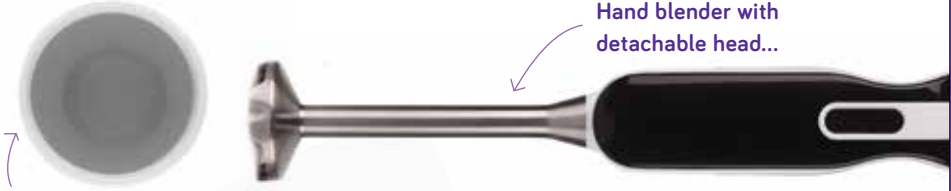
When looking at labels on foods, the following ingredients are or may be derived from milk. So, if your baby is following a milk-free diet, these should be avoided:*

Ammonium caseinate	Dry milk	Milk (all types)
Butter	Evaporated milk	Milk protein
Butter fat	Galactose	Milk solids
Butter solids	Ghee	Non-fat milk solids
Calcium caseinate	Hydrolysed casein	Protein hydrolysate
Casein concentrate	Hydrolysed whey	Rennet
Casein hydrolysate	Lactalbumin	Skimmed milk powder
Caseinates	Lactalbumin phosphate	Sodium caseinates
Condensed milk	Lactoacidophilus	Sweet whey
Cream	Lactoglobulin	Whey
Cultured buttermilk	Lactose	Whey protein
Curds	Lactulose	Whey solids
Delactosed whey	Malted milk	Yoghurt

*Children with multiple food allergies may need to avoid additional foods and ingredients. Please speak to your Healthcare Professional for more information.



Basic equipment needed to prepare and serve smooth weaning foods



Hand blender with detachable head...

Deep narrow jug or beaker for blending

...or sieve and wooden spoon

Silicone spatula



Ice cube trays for freezing small food portions



Plastic bowl and weaning spoon



Small freezer bags



SHOPPING LIST

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STAGE 1

Around 4-6 months (17-26 weeks)



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Apple and Pear Purée

Ingredients



SERVINGS

- 1 apple peeled, cored and diced
- 1 pear peeled and sliced
- Cooled boiled water

Neocate Syneo (per serving)

- 1 scoop

Variations

- Apple, peach or banana
- Avocado and melon
(½ avocado and small slice melon)
- Pear and avocado
(½ pear and ½ avocado)

**Always check the food label to ensure ingredients are suitable for your baby.

Method

- 1 Place the apple and pear in a small saucepan with cooled boiled water.
- 2 Simmer until tender, drain and leave to cool.
- 3 Blend the fruit until smooth using a food processor or hand blender.
- 4 Spoon out one portion of purée*.
- 5 Stir in 1 scoop of **Neocate Syneo** thoroughly and serve.

*Extra purée may be frozen. Add Neocate Syneo once it has been defrosted.

Out & about

Why not make this recipe up by mixing together 1 scoop of Neocate Syneo with a supermarket ready-to-use apple purée**.

Potato and Leek Purée

Ingredients



- 1 small potato (50g) peeled and diced
- ½ small leek (50g) washed and thinly sliced
- Cooled boiled water

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Place the potato and leek in a small saucepan with cooled boiled water.
- 2 Simmer until tender, drain and leave to cool.
- 3 Blend the vegetables until smooth using a food processor or hand blender.
- 4 Spoon out one portion of purée*.
- 5 Stir in 30ml cooled boiled water.
- 6 Stir in 1 scoop of **Neocate Syneo** thoroughly and serve.

*Extra purée may be frozen. Add Neocate Syneo once it has been defrosted.



Quick idea

Why not try another variation of this and swap the leek and potato with peas and courgette.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.

Sweet Potato and Carrot Purée

Ingredients



- 1 small carrot (50g) peeled and diced
- ½ small sweet potato (50g) peeled and diced
- Cooled boiled water

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Place the sweet potato and carrot in a small saucepan with water.
- 2 Bring to the boil and simmer until tender, drain and leave to cool.
- 3 Blend the vegetables and 30ml cooled boiled water until smooth using a food processor or hand blender.
- 4 Spoon out one portion of purée*.
- 5 Stir in 1 scoop of **Neocate Syneo** thoroughly and serve.

**Extra purée may be frozen. Add Neocate Syneo once it has been defrosted.*

Out & about

Why not make this recipe up by mixing together 1 scoop of Neocate Syneo with a supermarket ready-to-use sweet potato and carrot purée**.

**Always check the food label to ensure ingredients are suitable for your baby.

Trio of Root Vegetable Purée

Ingredients SERVINGS

- 1 small sweet potato (100g) peeled and chopped
- 2 small carrots (100g) peeled and chopped
- 1 parsnip (100g) peeled and chopped
- Cooled boiled water

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Place the sweet potato, carrots and parsnip in a small saucepan with water.
- 2 Bring to the boil and simmer until tender, drain and leave to cool.
- 3 Blend the vegetables and 30ml cooled boiled water until smooth using a food processor or hand blender.
- 4 Spoon out one portion of purée*.
- 5 Stir in 1 scoop of **Neocate Syneo** thoroughly and serve.

*Extra purée may be frozen. Add Neocate Syneo once it has been defrosted.

Out & about

Why not make this recipe up by mixing together 1 scoop of Neocate Syneo with a supermarket ready-to-use carrot, apple and parsnip purée**.

Variations

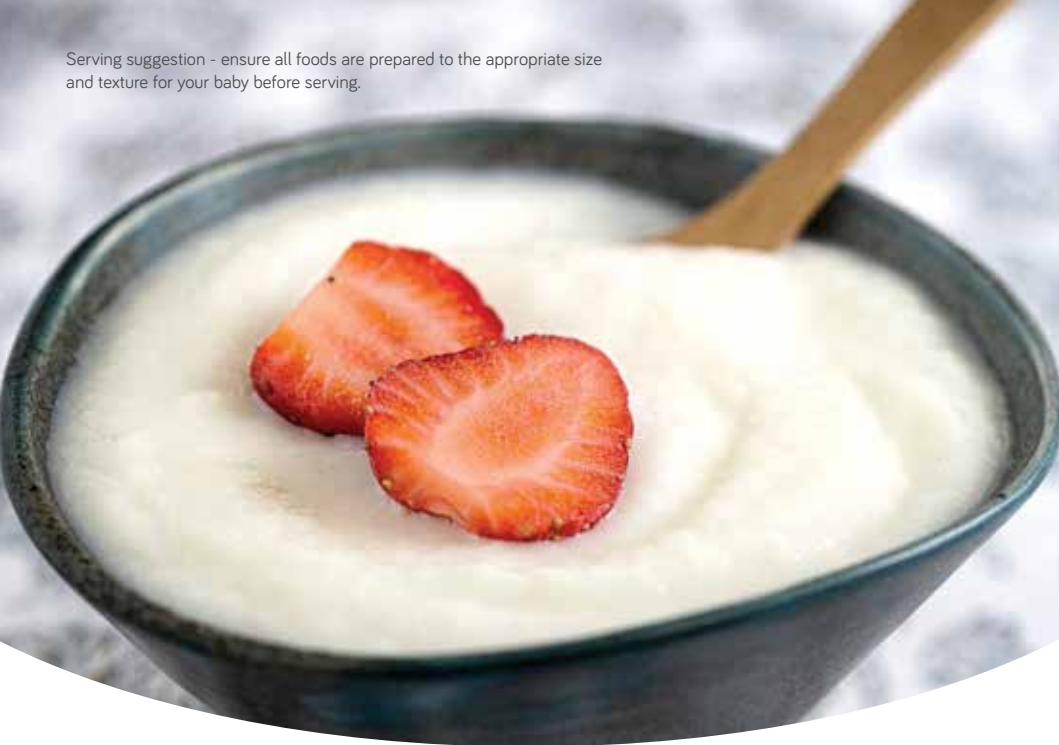
- Carrot and potato
- Pea and potato
- Parsnip and butternut squash

**Always check the food label to ensure ingredients are suitable for your baby.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.

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Baby Rice

Ingredients



- 2 teaspoons pure baby rice (check ingredients for cow's milk protein)*
- 60ml cooled boiled water

Neocate Syneo (per serving)

- 2 scoops

Method

- 1 Place 2 teaspoons of baby rice into a clean bowl.
- 2 Add 60ml of cooled boiled water and stir thoroughly.
- 3 Stir in 2 scoops of **Neocate Syneo** thoroughly and serve.

Variations

- Add fruit or vegetable purée

As your baby grows your doctor or dietitian will likely advise you to use a larger spoon for measuring the rice and add more Neocate Syneo to this recipe.

*Always check the food label to ensure ingredients are suitable for your baby.

STAGE 2/3

6-12 months



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Porridge

CONTAINS



Ingredients

- 1 rounded tablespoon porridge oats*
- 60ml water

Neocate Syneo (per serving)

- 2 scoops



SERVINGS

Method

- 1 Place oats and water in a saucepan, bring to the boil and simmer for 3-5 minutes.
- 2 Spoon one serving into a small bowl.
- 3 Leave to cool to room temperature.
- 4 Stir in 2 scoops of **Neocate Syneo** thoroughly to the portion you are going to feed immediately, and serve.
- 5 Add puréed/chopped fruit to sweeten.



Chef's tip

This recipe can be made with gluten-free oats to make this recipe gluten-free.

*Always check the food label to ensure ingredients are suitable for your baby.

*Always check the food label to ensure ingredients are suitable for your baby.

Fromage Frais

Ingredients



- 1 tablespoon cornflour*
- 180ml cold water

Neocate Syneo (per serving)

- 2 scoops



Chef's tip

Serve with puréed/mashed/chopped fruit or add a drop of vanilla extract (alcohol free) for flavour.

Method

- 1 Mix cornflour with a little water to form a smooth paste and then gradually add additional water.
- 2 Cook on a low heat until the mixture thickens.
- 3 Take off the heat and transfer into a small bowl.
- 4 Leave to cool for 3-4 minutes.
- 5 Divide the mixture into three portions. Stir 2 scoops of **Neocate Syneo** thoroughly into the portion you are going to serve to your baby.
- 6 Allow to cool fully and serve.

*Always check the food label to ensure ingredients are suitable for your baby.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.

Fruity Banana Pudding

Ingredients



- Small ripe banana (75g) roughly mashed
- 1 ripe peach (75g) skinned and finely chopped

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Chop/mash/blend the fruit as appropriate.
- 2 Spoon one serving into a bowl.
- 3 Stir in 1 scoop of **Neocate Syneo** thoroughly to the portion you are going to feed immediately, and serve.

Custard

Ingredients



- 250ml water
- 40g milk-free custard powder*
- 4 drops of vanilla extract (alcohol free)*
- 25g sugar

Neocate Syneo (per serving)

- 4 scoops

Method

- 1 Mix the custard powder, vanilla and sugar with a little of the water to form a smooth paste.
- 2 Place the rest of the water into a pan and gently simmer (do not boil), then remove from heat.
- 3 Return to the heat and stir until thickened.
- 4 Remove from heat and cool for 3-4 minutes.
- 5 Divide into two portions.
- 6 Stir in 4 scoops of **Neocate Syneo** thoroughly to the portion you are going to feed immediately, and serve.
- 7 Serve warm or cold.



Chef's tip

Add puréed fruit.

*Always check the food label to ensure ingredients are suitable for your baby.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.

Chicken with Roasted Root Vegetables

Ingredients



- 1 small piece of roasted potato (25g) finely chopped
- 1 small piece of roasted parsnip (25g) finely chopped
- 1 small piece of roasted carrot (25g) finely chopped
- 1 small piece of roasted turnip (25g) finely chopped
- 1 small piece of roasted sweet potato (25g) finely chopped
- 1 small piece of roasted red onion (25g) finely chopped
- 1 small chicken breast (100g) cooked and diced
- 1 teaspoon olive oil
- 3 tablespoons cooled boiled water

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Place the cooked vegetables and chicken into a large bowl with the cooled boiled water and olive oil.
- 2 Purée, mash, chop to required consistency, add more water if needed.
- 3 Divide into four portions.
- 4 Stir in 1 scoop of **Neocate Syneo** thoroughly to the portion you are going to feed immediately, and serve.

Portions of this recipe can be frozen without the **Neocate Syneo**.

Defrost, reheat and cool the portion to room temperature before stirring in the **Neocate Syneo**.

Fish and Vegetable Pie

CONTAINS 

Ingredients



- 1 small white fish fillet (100g) cooked and flaked into small pieces (check for bones)
- 2 tablespoons cooled boiled water
- 1 tablespoon cooked carrot (25g) mashed
- 2 tablespoons cooked sweet potatoes (50g) mashed
- 1 tablespoon cooked peas (25g)
- 1 teaspoon olive oil

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Place carrot, sweet potato and peas into a bowl.
- 2 Add water, oil and fish.
- 3 Purée, mash or chop to required consistency.
- 4 Divide into four portions.
- 5 Stir in 1 scoop of **Neocate Syneo** thoroughly to the portion you are going to feed immediately, and serve.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.

Salmon with Potato and Spinach

CONTAINS 

Ingredients



- 1 small fresh salmon fillet (100g) cut into small cubes (check for bones)
- 1 small potato (50g) cooked
- 1 teaspoon olive oil
- Spinach (10g) washed
- Small piece of onion (15g) peeled and finely chopped
- Dash of lemon juice
- 2 tablespoons cooled boiled water

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Heat the oil in a small pan.
- 2 Fry the onion gently for a few minutes until soft.
- 3 Stir in the salmon and cook for 2-3 minutes until cooked.
- 4 Add the spinach and lemon juice and continue to cook until the spinach has wilted.
- 5 Add the water and leave the mixture to cool.
- 6 Divide into four portions.
- 7 Stir in 1 scoop of **Neocate Syneo** thoroughly to the portion you are going to feed immediately.
- 8 Add the cooked potato.
- 9 Purée, mash, chop to required consistency.

Pasta with Beef and Vegetable Sauce

Ingredients



SERVINGS

- Lean minced beef (100g)
- 1 teaspoon olive oil
- ¼ small onion (25g) finely chopped
- Tomato (50g) finely chopped
- ¼ courgette (25g) finely chopped
- ¼ red pepper (25g) finely chopped
- Pinch of oregano
- 50g cooked small pasta shapes*

Neocate Syneo (per serving)

- 1 scoop

CONTAINS



Method

- 1 Heat the oil in a small pan.
- 2 Fry the mince and onion until lightly browned.
- 3 Add the pepper and courgette and stir.
- 4 Fry for a further 2 minutes.
- 5 Add the tomato and oregano and stir.
- 6 Simmer gently for 10 minutes.
- 7 Take the pan off the heat and cool for 4-5 minutes.
- 8 Purée, mash, chop to required consistency.
- 9 Divide into four portions.
- 10 Spoon out serving of mince and stir in 1 scoop of **Neocate Syneo** thoroughly to the portion you are going to feed immediately.
- 11 Adjust consistency with cooled boiled water if necessary.
- 12 Serve with pasta shapes.



Chef's tip

This recipe can be made egg free by using egg free pasta or gluten free by using gluten free pasta.

*Always check the food label to ensure ingredients are suitable for your baby.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.

Lamb and Aubergine Casserole

Ingredients



- Minced lamb (100g)
- 1 teaspoon olive or sunflower oil
- ½ onion (25g) finely chopped
- 1 small clove of garlic crushed
- 1 small aubergine (75g) chopped
- 1 tomato (75g) chopped
- Pinch of freshly chopped parsley
- Pinch of dried rosemary

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Heat the oil in a small pan and gently fry the lamb, onions and garlic until lightly browned.
- 2 Add the aubergine and fry for another 5 minutes.
- 3 Add the tomato, rosemary and parsley.
- 4 Simmer on a low heat for 15 minutes until tender and then leave to cool.
- 5 Purée, mash, chop to required consistency.
- 6 Divide into four portions.
- 7 Stir in 1 scoop of **Neocate Syneo** thoroughly to the portion you are going to feed immediately.
- 8 Serve the mince with mashed potato.



Chef's tip

This recipe can be served with rice instead of mashed potato, add 1 scoop of Neocate Syneo to 1 serving of mince and serve with rice.

Shepherd's Pie

Ingredients



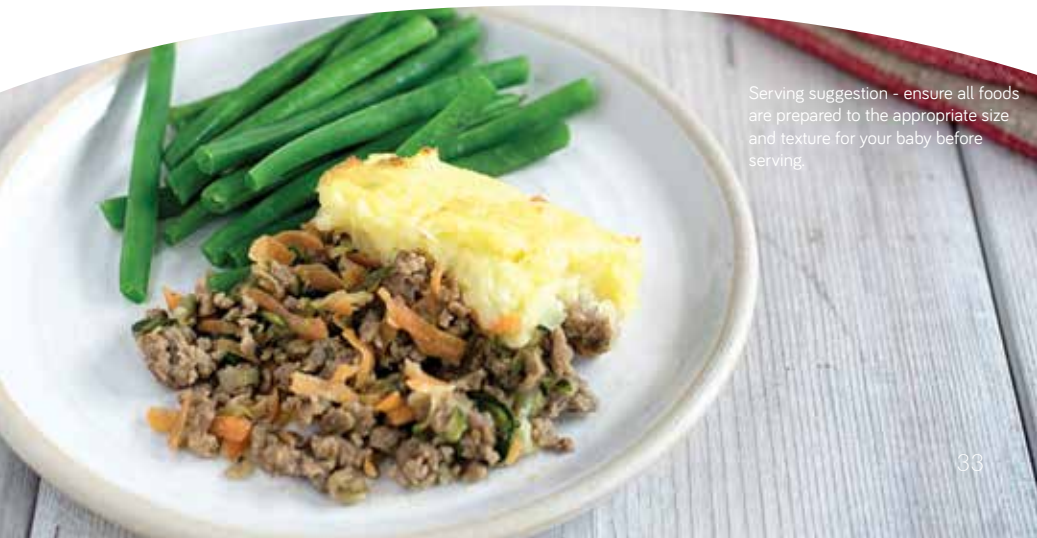
- 200g lean minced meat (lamb, chicken, beef, or turkey)
- 1 small carrot (50g)
- 2 large potatoes (200g)
- ½ medium courgette (50g)
- 1-2 teaspoons cooking oil
- 1 tablespoon milk-free margarine

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Peel and grate carrot and courgette.
- 2 Heat oil in saucepan and cook vegetables on a low heat until soft.
- 3 Add meat and cook until brown.
- 4 Reduce heat and simmer for 10 minutes.
- 5 Meanwhile peel and chop the potatoes, place into a separate saucepan and boil until very soft.
- 6 Drain off water and mash potatoes with milk-free margarine.
- 7 Take the saucepan off the heat and allow to cool.
- 8 Divide the mashed potato into four portions.
- 9 Stir in 1 scoop of **Neocate Syneo** thoroughly in to the portion of mashed potato you are going to feed immediately.
- 10 Spread the mashed potato on top of the meat mixture and serve.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.

Bean Feast

Ingredients



- 1-2 teaspoons olive oil
- Onion (25g) finely chopped
- Green beans (50g) cooked and very finely chopped
- Haricot beans (25g)
- Cannellini beans (25g)
- Kidney beans (25g)
- Butternut squash (25g) peeled and finely diced
- Tomato (50g) chopped
- 2 fresh basil leaves, finely chopped

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Heat the oil in a small pan and fry the onion until lightly brown and soft.
- 2 Add the butternut squash and green beans.
- 3 Fry for 2-3 minutes until the squash begins to soften.
- 4 Add the chopped tomatoes, beans and basil and simmer for 5 minutes.
- 5 Take the pan off the heat and purée, mash or chop until the required consistency is achieved.
- 6 Adjust consistency with cooled boiled water if necessary.
- 7 Divide into four portions.
- 8 Stir in 1 scoop of **Neocate Syneo** thoroughly in to the portion of mashed potato you are going to feed immediately.
- 9 Serve with rice or mashed potato.

Roast Chicken with Avocado and Basil

Ingredients



- ½ small ripe avocado
- 50g roast chicken breast
- 3-4 fresh basil leaves

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Scoop out the avocado into a small mixing bowl.
- 2 Divide into four portions.
- 3 Stir in 1 scoop of **Neocate Syneo** thoroughly to the portion you are going to feed immediately.
- 4 Mash to form a smooth paste.
- 5 Shred or finely chop the fresh basil and stir through the mixture.
- 6 Finely chop the chicken into small pieces.
- 7 Add to the avocado mixture and serve.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.

Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Chickpeas, Spinach and Roasted Butternut Squash

Ingredients



- 1 teaspoon olive oil
- ½ small onion very finely chopped
- 10g fresh spinach
- Pinch of ground cumin
- 50g canned chickpeas (drained)
- 50g roasted butternut squash (cubed)

Neocate Syneo (per serving)

- 1 scoop

Portions can be frozen without the **Neocate Syneo**

Defrost, reheat and cool the portion to room temperature before stirring in the **Neocate Syneo**.

Method

- 1 Heat the olive oil in a small pan and fry the onion until soft.
- 2 Add the ground cumin and stir.
- 3 Turn off the heat and add the spinach.
- 4 Cover the pan and leave for 3-4 minutes to allow the spinach to wilt.
- 5 Add the roasted butternut squash and chickpeas to the pan.
- 6 Mash roughly with a fork or blend to a smooth consistency with a hand blender.
- 7 Transfer 1 serving into a small bowl and add 1 scoop of **Neocate Syneo**.
- 8 Add a little extra olive oil if required.

Courgette Spaghetti with Cauliflower and Red Onion

Ingredients SERVINGS

- 50g courgette spaghetti
- ½ red onion finely chopped
- 1 teaspoon olive oil
- 50g cauliflower couscous
- Pinch mixed herbs

Neocate Syneo (per serving)

- 1 scoop

Portions can be frozen without the **Neocate Syneo**.

Defrost, reheat and cool the portion to room temperature before stirring in the **Neocate Syneo**.



Chef's tip

You can make your own cauliflower couscous by chopping cauliflower in a food blender.

Method

- 1 Boil the courgette spaghetti in a small pan for 2-3 minutes.
- 2 Drain the courgettes and leave to one side to cool.
- 3 Heat the olive oil in a small pan and fry the red onion until soft.
- 4 Stir in the cauliflower and cook for 2-3 minutes until tender.
- 5 Remove from the heat and add the mixed herbs.
- 6 Transfer 1 serving to a small bowl and allow to cool for 2 minutes.
- 7 Add 1 scoop of **Neocate Syneo** to the cauliflower, herbs and onion mixture to form a sauce.
- 8 Serve on a bed of the courgette spaghetti.

Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Serving suggestion - ensure all foods are prepared to the appropriate size and texture for your baby before serving.



Apple, Raspberry and Elderflower Instant Sorbet

Ingredients



- 50g green apples sliced and frozen (skin on)
- 50g frozen raspberries
- 1 tablespoon elderflower cordial*

Neocate Syneo (per serving)

- 1 scoop

Method

- 1 Place the frozen apple slices, raspberries and elderflower cordial in a small food blender.
- 2 Puree until the mixture forms a smooth paste.
- 3 Transfer 1 serving into a small bowl.
- 4 Stir in 1 scoop of **Neocate Syneo**.
- 5 Serve.

To Prepare Frozen Apples

- 1 Quarter and core a green apple.
- 2 Cut the apple into very thin slices and place on baking parchment and freeze.
- 3 Store in a sealed airtight bag in the freezer and remove as required.



Chef's tip

Try frozen mango, orange cordial and fresh mint as an alternative flavour combination.

*Always check the food label to ensure ingredients are suitable for your baby.

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