

This book is intended for parents or carers of infants who have been prescribed Aptamil Pepti Syneo by a healthcare professional.

PARENT GUIDE & RECIPE BOOK



IMPORTANT NOTICE: Breastfeeding is best. Aptamil Pepti Syneo is a food for special medical purposes for the dietary management of cow's milk allergy. It should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Suitable for use as the sole source of nutrition for infants from birth, and/or as part of a balanced diet from 6 months. Refer to label for details.

INTRODUCTION

This booklet provides information and insights that will help you understand more about your baby's cow's milk allergy (CMA) – explaining why your baby has been prescribed Aptamil Pepti Syneo instead of their usual formula, how it can be used during weaning, practical tips on managing your baby's cow's milk free diet, plus lots of tasty and nutritious recipes that you can experiment with.

Of course it's only natural to feel worried when your baby is diagnosed with cow's milk allergy, but now that you know the cause of your baby's symptoms, you can take positive steps to help manage their cow's milk allergy and this booklet will help.



WHAT IS COW'S MILK ALLERGY AND HOW COMMON IS IT?

Cow's milk allergy is a reaction to one or more of the proteins present in cow's milk that results in distressing symptoms for babies.

Cow's milk allergy is the most common food allergy in children under three years of age, with estimates of its prevalence varying from 2-3% in babies under one year old. By the age of three years, most children will have outgrown this particular allergy, but for a few it may last longer – until they're around six to eight years old.

SYMPTOMS

Cow's milk allergy is difficult to diagnose as symptoms are non-specific and commonly experienced in the early months of life by non-allergic babies (e.g. reflux or colic symptoms). As a result, their association with cow's milk allergy is often not made, leading to misdiagnoses or delayed diagnoses.

If cow's milk allergy is affecting your baby, he/she may become very unsettled and start to develop particular symptoms that are typically associated with his/her skin, gut or breathing.

DERMATOLOGICAL (SKIN)	GASTROINTESTINAL (GUT)	RESPIRATORY (BREATHING)
Itching	Excessive crying	Runny nose/sniffles
Redness	Vomiting	Wheezing
Eczema	Food refusal or aversion	Coughing
Hives (raised, itchy rash)	Reflux	Sneezing
Swelling	Constipation	Itchy/blocked nose
	Perianal redness (red bottom)	Conjunctivitis
	Diarrhoea	
	Abdominal pain or discomfort	
	Blood and/or mucus in stools in an otherwise well baby	
	Weight loss	

While some babies may display only a couple of these symptoms, it is not unusual for several symptoms to occur and in rare cases there can be an extreme anaphylactic reaction to cow's milk.

The time it takes for an baby with a cow's milk allergy to react can also vary significantly. *Immediate cow's milk allergy*, as the name suggests, will occur immediately or within 0-2 hours, while *delayed cow's milk allergy* can develop after several hours or even up to 72 hours after they've ingested the cow's milk.

The key point to remember is that all babies are different and it is therefore very important that your baby sees a healthcare professional to discuss their particular symptoms.



What is it in cow's milk that causes my infant to develop these symptoms?

It is usually one or more of the proteins present in cow's milk that triggers an immune response in the body and causes these symptoms.

Although most children eventually grow out of their cow's milk allergy, its diagnosis and management can be a worrying time for parents. The good news is, with prompt diagnosis by a healthcare professional, and expert dietary advice, cow's milk allergy can be effectively managed and its impact reduced to a minimum.

Is lactose intolerance the same as cow's milk allergy?

No. An infant that is lactose intolerant will usually experience less severe symptoms than one with an allergy.

Lactose is a sugar naturally present in human milk and cow's milk. Lactose intolerance results from a lack of, or a deficiency in, the enzyme lactase, preventing the body from breaking down lactose. Lactose intolerance does not involve the immune system which makes it very different to a cow's milk allergy and therefore the management is also very different.

As with cow's milk allergy, symptoms of lactose intolerance can include diarrhoea, vomiting, and stomach cramps but **not skin related symptoms or breathing difficulties**.

Bottlefed infants that are lactose intolerant are usually prescribed a lactose free formula by a healthcare professional.

MANAGING COW'S MILK ALLERGY

Managing cow's milk allergy involves removing all cow's milk from your baby's diet, so you'll need to get familiar with reading food labels and ingredients, as milk can be present in other foodstuff.

The following pages will give you guidance on how to read food labels and identify foods that contain milk. They also provide practical information about Aptamil Pepti Syneo which your baby has been prescribed by their healthcare professional.

FOOD LABELS

Being conscious of your baby's cow's milk allergy and knowing exactly what is in ready-made or pre-packaged foods can help you make informed choices in the supermarket, which is why it is important to have an understanding of food labelling.

Food labelling laws are in place to help, and common allergens, like milk, have to be declared on pre-packaged foods. By law, all manufactured foods sold in Ireland (and across the EU) must tell you if cow's milk (or milk from any animal such as goat, sheep or buffalo) or a derivative of these, is present in the food.

As you can see in the example below, the word 'milk' will be clearly highlighted in **bold text** in the ingredients list. If you check the ingredients list you will be able to tell if the product contains cow's milk or not. Milk cannot be hidden under another name.

INGREDIENTS

Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, **Wheat** flour, Cream (**milk**), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley

ALLERGY ADVICE

For allergens see ingredients in **bold**

Example label

The following is a list of all the names that are used to show that a derivative of milk is contained in a product. Within Ireland and the EU we do not need to look for this list of names as milk derivatives are always clearly labelled as 'milk', however outside Ireland and the EU it may be useful to know these names because the food labelling laws differ.

- **Butter, butter fat, butter oil**
- **Buttermilk**
- **Casein/Caseinates** (in all forms)
- **Cheese**
- **Cream**
- **Curds**
- **Custard**
- **Ghee**
- **Lactose**
- **Milk** (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low fat, malted, milk fat, non fat, powder, protein, skimmed, solids, whole)
- **Milk protein hydrolysate**
- **Rennet casein**
- **Sour cream, sour cream solids**
- **Sour milk solids**
- **Whey** (in all forms)
- **Whey protein**
- **Yoghurt**

FEEDING ADVICE

Breastmilk provides the best nutrition for babies, including babies with cow's milk allergy. It is very uncommon for babies to react to cow's milk proteins that pass into breastmilk and therefore dietary exclusions from your own diet when breastfeeding should only be done if advised from your doctor or dietitian.



Aptamil Pepti Syneo is an extensively hydrolysed formula. The protein in these formulas has been broken down into smaller pieces so that the baby's immune system does not recognise it as an allergen. The process of hydrolysis does not affect the nutritional value of the formula.

Soy formulas are not recommended in the dietary management of cow's milk allergy, particularly not for babies under 6 months of age. This is because some babies with cow's milk allergy will also react to the proteins in soy milk. Similarly, other animal milks (e.g. goat, sheep) are not suitable as babies who are allergic to cow's milk are at a high risk of reacting to these milks too.

WHAT IS BIFIDOBACTERIUM BREVE M-16V?

Nutrition during the first months of life has a significant influence on the development of the gut microbiota - the collection of trillions of bacteria, fungi, viruses and other microscopic organisms that reside in our gut.

The friendly bacteria in Aptamil Pepti Syneo are called "Bifidobacterium breve M-16V (B. breve M-16V)". These friendly bacteria do not contain any milk protein which makes them suitable for babies with CMA. The friendly bacteria have been studied extensively by scientists and have been shown to be safe and well tolerated by babies with CMA.

The preparation instructions for Aptamil Pepti Syneo are different from standard formula, so it is important to check the instructions on the label and follow them carefully. Aptamil Pepti Syneo is prepared using boiled water which has been cooled down to room temperature - this is because boiling water can kill the friendly bacteria and stop them from working.



SWITCHING TO APTAMIL PEPTI SYNEO

After your healthcare professional has recommended Aptamil Pepti Syneo for your baby, it's important to note that it may take your baby up to two weeks to adjust to a new formula. You may notice some differences in their nappies - their stools may change in frequency and may turn green in colour. This type of change is normal and is due to the protein which is broken down in the formula.



PREPARING APTAMIL PEPTI SYNEO



The preparation instructions for Aptamil Pepti Syneo differ to standard formulas you buy in a supermarket. **Please always check the instructions on the label and follow them carefully.**



STEP 1

Wash hands thoroughly and clean preparation area. Sterilise bottles and teats.



STEP 4

Before adding the formula make sure the water is at the correct temperature by placing a few drops on the wrist. It should feel slightly cool to the touch.



STEP 2

Boil fresh water for five minutes or until an electric kettle switches off.



STEP 5

Fill the scoop provided with Aptamil Pepti Syneo and level off with a clean, dry knife. Do not press the powder into the scoop. Only use the scoop provided. Add the prescribed number of scoops of Aptamil Pepti Syneo to the water.



STEP 3

Pour the required amount of water into a sterilised feeding bottle. Cover the bottle with the cap and cool down to **room temperature.**



STEP 6

Replace the cap on the bottle and shake until the powder dissolves.



IMPORTANT NOTICE

- **Do not** boil the formula and do not use a microwave oven to prepare or warm formula as hot spots may occur and cause scalding and may also destroy the friendly bacteria.
- **Never add** extra scoops or anything else to your baby's feed.
- **Always use the scoop** provided. Please note the colour of the scoop in the pack may change from time to time.

Some helpful information to know

- Powdered formula is not sterile. Aptamil Pepti Syneo should be made up as needed and prepared immediately prior to feeding.
- Formula remaining in the bottle after one hour of feeding should be discarded. Formula must not be rewarmed during feeding.
- Try to keep all the utensils you use to make up Aptamil Pepti Syneo separate and do not use them for anything else.
- Before using, make sure that all your utensils (i.e. bottles, steriliser, teats etc.) are thoroughly washed and sterilised. This is especially important if they have previously been used to make up another infant formula.

INTRODUCING A BABY TO APTAMIL PEPTI SYNEO

- Always follow the advice from your healthcare professional.
- From approximately 4-6 months onwards, you may find that your baby will not easily accept a change in formula. This is common and it can take several attempts to introduce a new taste.
- If your baby does not successfully manage a straight switch of formula, the following simple guide has been developed to help you with this transition over time. **This type of gradual transition is only suitable for babies who have a delayed type (non-IgE) cow's milk allergy** and should only ever be done under the guidance of a doctor or dietitian.
- Please see the simple transition guide opposite as an example. It is important to remember however that your child needs to fully transition over to Aptamil Pepti Syneo and stop the original formula.
- Your dietitian may advise you to make the proportions smaller or larger depending on the needs of your child or they may advise a different way of introducing Aptamil Pepti Syneo. Always follow the advice of your healthcare professional.

GRADUAL TRANSITIONING FROM YOUR CURRENT FORMULA ONTO APTAMIL PEPTI SYNEO

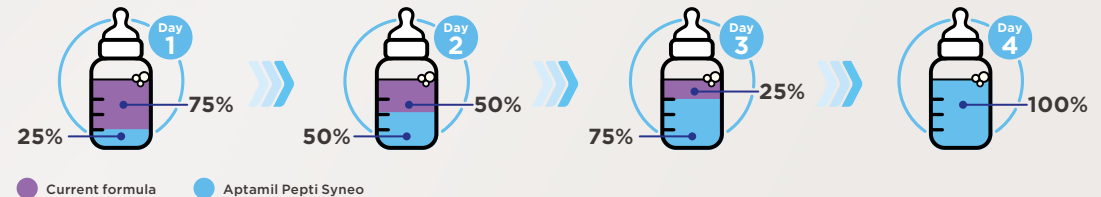
Only suitable for babies who have a delayed type (non-IgE mediated) cow's milk allergy and should only ever be done under the guidance of a healthcare professional.

Day 1. Mix up your current formula to a total volume of 75% ($\frac{3}{4}$) of the required volume of feed. Mix up Aptamil Pepti Syneo to the remaining 25% ($\frac{1}{4}$) volume of the feed. Continue to repeat this 'recipe' for each bottle for the rest of the day.

Day 2. Mix up your current formula to a total volume of 50% ($\frac{1}{2}$) of the required volume of feed. Mix up Aptamil Pepti Syneo to the remaining 50% ($\frac{1}{2}$) volume of the feed.

Day 3 and 4. Continue to increase the daily volume of Aptamil Pepti Syneo by 25% until 100% of the formula is Aptamil Pepti Syneo

Note: if your child accepts the mixture of formulas on day 1 and then does not accept day 2, trial day 1 again, until you have fully moved over onto Aptamil Pepti Syneo



USING APTAMIL PEPTI SYNEO AS A TOP UP TO BREASTFEEDING

In certain circumstances, your healthcare professional might decide that topping up breastfeeds with Aptamil Pepti Syneo is the best option for your baby.

If this is the case, this transition to a new taste and new method of drinking can be a challenge, here are a couple of tips that can help:

- Try expressing some breastmilk and mixing in a small amount of Aptamil Pepti Syneo to offer to your baby. The Aptamil Pepti Syneo should be made up as per the instructions before adding it to the expressed breastmilk. Remember to always mix this fresh and discard any of the mixture which is not consumed within one hour.
- With the same principle of a gradual transition from one formula to another, try to increase the amount of Aptamil Pepti Syneo and decrease the amount of breastmilk until the desired volume of a top up feed, as recommended by your healthcare professional, is reached.

Breastfeeding is the best way to feed your baby. It is important to carefully discuss the introduction of a formula such as Aptamil Pepti Syneo with your doctor or dietitian, and the option to continue breastfeeding where possible.

FAQ

Q WHAT DOES APTAMIL PEPTI SYNEO CONTAIN THAT OTHER STANDARD FORMULAS DON'T?

A Aptamil Pepti Syneo is similar in nutritional composition to standard infant formulas, apart from the protein which has been broken down (extensively hydrolysed) to make it less likely to cause an allergic reaction. Aptamil Pepti Syneo also contains a combination of prebiotic fibres and friendly bacteria.

Q IS THERE ANY DIFFERENCE IN THE PREPARATION OF APTAMIL PEPTI SYNEO VS. OTHER APTAMIL FORMULAS?

A It is important to follow the preparation instructions carefully for Aptamil Pepti Syneo. The preparation instructions for Aptamil Pepti Syneo differ to standard formulas you buy in a supermarket and some other hypoallergenic formulas.

Mixing the formula with **boiled water cooled down to room temperature** is important as mixing at a higher temperature can limit the effects of the friendly bacteria.

You may find Aptamil Pepti Syneo requires a longer period of vigorous shaking than some other formulas, so we recommend shaking for 25 seconds or until all of the powder is dissolved.

FAQ

Q HOW LONG WILL IT TAKE TO COOL BOILED WATER TO ROOM TEMPERATURE BEFORE ADDING APTAMIL PEPTI SYNEO?

A The time it takes the boiled water to cool down to room temperature will depend on the volume of water in the bottle and the temperature of the room where you are making up the formula. It can take approximately one hour.

To cool the boiled water to room temperature more quickly, you can **place the closed bottle in a cold water bath**, or **hold under cold running water** until the water inside the bottle reaches room temperature. You can also **batch prepare bottles of**

water in the morning by boiling the water, pouring the required volume into each sterilised bottle, replacing the lids and leaving to cool on a clean work top. These bottles can be used when needed throughout the day.

Test the temperature of the water on the back of your wrist before adding the Aptamil Pepti Syneo powder - room temperature water will **feel slightly cool to the touch**.

FAQ

Q SHOULD MY BABY STAY ON APTAMIL PEPTI SYNEO AFTER 12 MONTHS OF AGE?

A Babies can continue to have Aptamil Pepti Syneo as their main milk drink as part of a balanced diet even after 12 months of age right up until they outgrow their CMA. The most recent guidelines from the Food Safety Authority of Ireland advise against the use of plant-based milk alternatives for 1-5 year olds as they are not nutritionally adequate. These include almond 'milk', coconut 'milk' and rice 'milk'.

Made-up formula can be used in cooking as soon as your baby starts weaning and for as long as is necessary.

Speak to your healthcare professional about whether your infant should stay on Aptamil Pepti Syneo after 12 months; every case is individual.

Q WHEN WILL I SEE AN IMPACT OF SWITCHING TO APTAMIL PEPTI SYNEO?

A Every baby is different. Some symptoms may resolve very quickly, others may take longer. As a guideline you can expect most symptoms to improve within 2 weeks.

If symptoms seem to get worse, do not show signs of improvement, or you have any concerns it is important that you consult a healthcare professional.

FAQ

Q I HAVE HEARD OF THE MILK LADDER - WHAT IS THIS?

A This is the re-introduction of cow's milk into the baby's diet starting with baked cow's milk where it is an ingredient in foods. The end (the top) of the milk ladder is when your baby is able to drink cow's milk. This is something your doctor or dietitian can help you with. Do not start without having sought professional advice as some babies may not be ready to start the milk ladder.

Q WHY HAS MY BABY'S POO TURNED GREEN?

A When switching formula, your baby will need up to 2 weeks to adjust. You may notice some differences in their nappies - their stools may change in frequency, consistency and colour.

In Aptamil Pepti Syneo, the broken down proteins may cause your baby's poo to turn green. This is normal and shouldn't be a cause for concern. For anything else out of the ordinary, we recommend you get in touch with your healthcare professional.

FAQ

Q WHAT IF I DON'T SEE A CHANGE IN MY BABY WHEN MOVING TO APTAMIL PEPTI SYNEO?

A If you see no signs of improvement or you have any concerns, it is important you consult your healthcare professional who may advise a formula for severe cow's milk allergy.

Q WHAT IF MY BABY DOESN'T SEEM TO LIKE THE TASTE OF APTAMIL PEPTI SYNEO?

A Aptamil Pepti Syneo tastes different to other Aptamil formulas due to the broken down proteins

If your baby has a delayed type (non-IgE mediated) cow's milk allergy, you can ask your doctor or dietitian for advice on doing a gradual transition from standard infant formula to Aptamil Pepti Syneo if needed. However, this gradual transition is not suitable if your baby has an immediate (IgE-mediated) cow's milk allergy.



WEANING

Weaning is the gradual introduction of solid foods into a baby's diet and is recommended to start between 4-6 months of age (and never before 17 weeks). Although they may not eat much to begin with, learning to eat from a spoon or with their fingers and accepting new tastes and textures marks a significant stage in their development.

Experiment and explore new foods and textures during this time. The more diverse your baby's weaning diet is, the more nutrients they will get and they will learn to love these healthy foods for the long-term.

SIGNS YOUR BABY IS READY TO START SOLID FOODS

Start to introduce solid foods into your baby's diet between 4 to 6 months of age, but only when your baby is developmentally ready.

Every baby is different in terms of when they're ready for solid foods which is why the range of 4 to 6 months is given. Your baby will give you signs to let you know when you should begin to offer their very first puree! These signs include:

- Not satisfied after feeding or is feeding more frequently for longer than a week (if less than a week it may be a growth spurt so hold off for now).
- Showing an interest in food - watching you while eating or reaching out for food.
- Chewing and dribbling more frequently and putting their hands in their mouth (this can also be a sign of teething so look out for other signs too!).
- They are able to sit up with support and demonstrate **good head control**.

Stage 1

Between 4-6 months
(not before 17 weeks)

Number of meals per day:

2-3 meals/day

Average meal size:

5-10 teaspoons

Consistency:

Smooth thin purée without any lumps.

Suitable Foods:

Milk-free cereals* e.g. baby rice, porridge, baby cereal. Puréed vegetables e.g. broccoli, carrots, squash, potato. Peeled and puréed fruit e.g. banana and pear. Well cooked chicken, fish, meat and eggs.

Stage 2

6-9 months

Number of meals per day:

3 meals/day

Average meal size:

2-4 tablespoons

Consistency:

Thick with soft lumps.

Suitable Foods:

Well-cooked chicken or mince. White and oily fish (boned and skinless), milk free yoghurts*, potatoes, sweet potatoes, pasta, noodles, rice, bread*. Increase the variety of softly cooked vegetables and fruits.

Stage 3

9-12 months

Number of meals per day:

3 meals/day plus 2-3 snack

Average meal size:

4-6 tablespoons

Consistency:

Chunky mashed texture, moving to chopped, bite size pieces.

Suitable Foods:

The foods listed previously and most family foods are now suitable but do not add sugar, salt, honey, or normal cow's milk. Encourage finger foods such as mango, melon, banana, toast fingers and soft cooked pasta shapes.

*Always check food labels to make sure it's milk-free. If it contains milk, the word 'Milk' will be in Bold text in the ingredients list.

WHERE DO I START?

When you first introduce solid foods, it's best to choose a time when your baby is calm and alert, and you have plenty of time to let them explore and experiment, as well as deal with any mess.

Try not to give them solids when they are really hungry, too tired, or expecting their usual milk, as they could get frustrated.

In the beginning, you may notice that your baby pushes food back out of their mouth. This doesn't mean they don't like the food. Until now your baby has only ever encountered liquids and they have to learn to move more solid foods around their mouth and swallow.

Start by offering a small amount of thin smooth puréed food from the tip of a spoon. One to two teaspoons is enough to start with. Increase the thickness as your baby progresses (but still no lumps).

As your baby gets the hang of eating these first puréed foods, you can gradually build up the amount and type of foods you offer. Use the table on page 26 to guide you through the 3 stages of weaning, including what foods to offer, how much, and the recommended consistency.

HOW DO I START THE WEANING PROCESS IF MY BABY HAS COW'S MILK ALLERGY?

Wean as normal, but use Aptamil Pepti Syneo to mix foods where you would usually use cow's milk or cow's milk formula, such as making up porridge or in mashed potato.

Look in your supermarket for dairy-free alternatives to yoghurt, cheese, and dairy spreads. Dairy-free yoghurt choices that are available in most Irish supermarkets include coconut milk yoghurts and soy* yoghurts. Try finding varieties that are fortified (or 'enriched') with calcium.

Vegan or dairy-free 'butter-type' spreads are also suitable to use sparingly in your babies diet (but they're not necessary).

Dairy-free cheese are unfortunately more difficult to find in Irish supermarkets, but more specialised health food stores may stock dairy-free cheese based on soy*, pea, cashew, almond or coconut. Don't worry if you can't find dairy-free cheese as they're not necessary in your baby's diet and they can get all the nutrients they need from a variety of other foods along with their Aptamil Pepti Syneo.

**Some babies with cow's milk allergy may also be allergic to soy and therefore soy-based dairy alternatives are not suitable.*

If you are using products from the 'free-from' range make sure to check the ingredients carefully as some of them are not dairy free.

Be aware that some products are only lactose-free and therefore still contain whole cow's milk protein. These are not suitable for your baby.

If in doubt whether the product is milk-free or not, always check the ingredients list on the label where the allergens are in bold text.

Many foods are naturally dairy free such as unprocessed meat, fish, vegetables, fruit, nuts*, rice, beans/lentils (pulses) and grains so there are still plenty of nutritious foods you can still buy for your baby. Foods can be fresh, frozen or tinned, but avoid those with added salt or sugar.

Other foods to avoid giving your baby are honey, low fat foods, shark, swordfish, marlin, raw shellfish, bran, processed meats, high-fat and high-sugar foods and raw/under-cooked eggs.

**Whole or chopped nuts should not be given to children under 5 years of age due to the risk of choking.*

WEANING: STAGE 1

Stage 1 represents the first 1-2 weeks of introducing solid food to your baby's diet. During this introductory period the texture of food offered should progress from a runny (semi-liquid) and smooth consistency to a slightly thicker purée with no lumps.

The very early stage of weaning is about exploration and learning the new skill of swallowing puréed foods. Expect both a mess and some food waste as your baby gets used to this new experience of eating!

What types of foods should be offered during this stage?

One new food should be introduced at a time.

The foods offered should become increasingly varied so that your baby can experience different tastes and flavours.

Start by offering a runny texture, and gradually move to slightly thicker purées without lumps.

Offer 2-3 meals per day of about 5-10 teaspoons per meal.

Continue to breastfeed on demand or give the usual amount of Aptamil Pepti Syneo, offering solids during or after the milk feed.



Tips on preparing foods during the first stage of weaning

- Blend the food with breastmilk, Aptamil Pepti Syneo or cooled boiled water until it is a smooth and runny consistency.
- Pass the food through a sieve to remove any lumps.
- Foods should be the same texture throughout. Do not mix food textures at this stage.
- Don't give your baby high-salt or highly processed foods e.g. gravies, soy sauce and other sauces – they don't know what these taste like, so they won't miss them!
- Don't add sugar, syrups, or honey to your baby's food.
- Foods can be prepared in bulk and frozen in small portions using sterilised ice-cube trays.

**Always check food labels to make sure it's milk-free. If it contains milk, the word 'Milk' will be in bold text in the ingredients list.*

Suggestions for first foods

- Vegetable purée, e.g. carrot, parsnip, turnip, broccoli, cauliflower, butternut squash, courgette.
- Milk-free baby rice/baby cereal*, porridge.
- Fruit purée, e.g. banana, stewed apple, pear, peaches, apricots, plums, melon.
- Meat, poultry and fish purées.

Top Tip

Introduce vegetables before fruit – your baby naturally has a sweet tooth so offer vegetables, particularly dark green vegetables which have a more bitter taste, before the sweeter fruits so that they don't become too used to sweet tastes.

Remember! When solid foods are added to your babies diet, his or her stools may change colour and odour. This is normal!

WEANING: STAGE 2 (6-9 MONTHS)

Once your baby has been introduced to solids, it is important to continue to progress through the weaning stages. You can start to increase the amount of solid food your baby is getting. At this stage you should try offering approximately 3 meals a day of about 2-4 tablespoons per meal.

This is a great time to experiment with flavour combinations but remember not to add salt, sugar, honey or any syrups.

At this stage of weaning it is important to start introducing slightly lumpier consistencies. The consistency of food should be minced or mashed textures and soft finger foods.

Breastmilk or Aptamil Pepti Syneo will still contribute significantly to your baby's nutritional intake.

From 6 months of age, all fluids other than breastfeeds should be offered in a beaker or lidded cup. Use a beaker with two handles to make it easier for them to grab onto themselves. Other than your baby's breastfeed or Aptamil Pepti Syneo, only cooled boiled water should be offered as an extra drink. Fruit juices, cordials, or any soft drinks should not be offered.

Suitable finger foods to introduce during Stage 2 of weaning

You can offer your baby 2-3 snacks or finger foods in between main meals each day. Finger foods are an important part of your baby's diet from about 7 months of age to increase their range of foods and textures, develop hand eye co-ordination and encourage self-feeding.

Suitable finger foods for baby during this stage of weaning include:

BREADS & PASTA

One finger of wholegrain bread with smooth peanut butter*.
3-4 well-cooked pasta shapes, e.g. bow-ties, shells.
Small piece of a bread stick with hummus.
Small piece of pitta bread with hummus, smashed avocado, or smooth peanut butter*.

FRUITS & VEGETABLES

Raw sticks of cucumber.
Small, soft pieces of fruit, e.g. pear, apple, banana, peach, nectarine, mango, melon.
Soft cooked sticks of vegetables, e.g. carrot, parsnip, green beans, turnip.
Soft cooked florets of cauliflower and broccoli.
Soft cooked slices of pumpkin or butternut squash.

MEAT & POULTRY

Strips of freshly cooked meat or chicken.

**Whole or chopped nuts should not be given to children under 5 years of age due to the risk of choking.*

WEANING: STAGE 3 (9-12 MONTHS)

At this stage, your baby should be able for a wider variety of foods in greater textures and should be able to manage more than 2 textures in one meal. You should base your baby's meals and snacks around normal family foods and mealtimes.



Increase the variety of foods to allow your baby to experience more tastes and flavours. Offer 3 meals plus 2-3 nutritious snacks. The approximate size of each meal should be 4-6 tablespoons but this will depend on your baby's appetite.

Foods should be lumpier, and you can also offer chopped foods in bite-sized pieces and firmer pieces of finger foods that your baby can pick up and self-feed with.

Continue to breastfeed on demand or give your baby their recommended volume Aptamil Pepti Syneo feeds. Space solid and milk feeds apart.

Suitable snack foods during this stage of weaning

BREADS & PASTA

Wholegrain toast 'fingers' with dairy-free spread or smooth peanut butter*.
3-4 well-cooked pasta shapes, e.g. bow-ties, shells.
Small piece of a bread stick with hummus.
1-2 unsalted, wholegrain crackers with smooth peanut butter*.
Small portion of a homemade sugar-free pancake (made using Aptamil Pepti Syneo instead of cow's milk).
1 plain rice cake with hummus/mashed banana/mashed avocado

FRUITS & VEGETABLES

Fruit slices, e.g. melon, banana, pear, apple, mango, orange, satsuma.
Chopped fruit, e.g. halved and deseeded grapes.
Soft cooked chunks of vegetables, e.g. carrot, parsnip, swede, sweet potato.

DAIRY ALTERNATIVES

Small pot of dairy-free yoghurt e.g. coconut milk yoghurt or soy** yoghurts. Try finding varieties that are fortified (or 'enriched') with calcium.
Small pot of dairy-free yoghurt with some chopped/sliced fruit.
Cubes/a slice of firm dairy-free 'cheese' if available in your local supermarket/health food store.

MEAT & POULTRY

Strips of freshly cooked meat or chicken.

**Whole or chopped nuts should not be given to children under 5 years of age due to the risk of choking.*

***Some babies with cow's milk allergy may also be allergic to soy and therefore soy-based dairy alternatives are not suitable.*

PREPARING BABY FOOD DURING THE FINAL STAGE OF WEANING

- 01** At the start of this stage, move on from a mashed texture to lumpier foods by mashing less and adding less liquid so that the food becomes increasingly thicker and lumpier.
- 02** Once the lumpier foods are tolerated, move on to chopped foods by cutting foods into small bite-size pieces.
- 03** In addition to mashed foods, encourage your baby to self-feed by providing firmer finger foods as soon as your baby is ready.
- 04** More than two different textures can be offered in the same dish during this stage.
- 05** Do not add sauces, gravies, salt, sugar, honey or syrups to your baby's weaning foods.

INTRODUCING TYPICALLY ALLERGENIC FOODS INTO THE WEANING DIET

Once weaning has begun from about 4-6 months of age, and once your baby is eating their first foods like vegetables, fruit, and milk-free iron-fortified baby cereals/porridge, you should start to introduce 'typically allergenic' foods like peanut* and well-cooked egg into their diet. However, every baby with a cow's milk allergy is different so **always discuss the suitability of introducing these foods with the doctor beforehand.**

It is understandable to be anxious when introducing these foods into your baby's diet when they have a cow's milk allergy, however **delaying their introduction can increase the risk of allergies** to these foods.

The table on pages 39-42 explain what the typically allergenic foods are and how you can easily incorporate them into the weaning diet.

Choose a day when your baby is well to introduce these foods and only introduce one new typically allergenic food at a time. This helps to identify foods that may cause a reaction.

**Never offer whole or chopped nuts before 5 years of age due to choking risk.*



Eggs



Peanuts



Fish



Tree Nuts

Introduce **well-cooked egg** and **peanut*** first into the diet (but not on the same day). You can introduce the other typically allergenic foods in whichever order you would like. Aim to have all the typically allergenic foods, that your family normally eats in the home, included in your baby's diet by 12 months of age.

Once these foods are in the weaning diet, **it's extremely important to continue to give them to your baby regularly** (several times a week and indefinitely) as part of their usual diet.

Never rub or smear food on to your baby's skin as this will not help identify if they have a food allergy and may in fact increase their risk of developing an allergy to that food.

If your baby has a diagnosed allergy to any of the typically allergenic foods in the table on pages 39-42, they should be strictly avoided as per the doctor's/dietitian's advice.

If your baby has a reaction to any food, stop giving that food and seek medical advice immediately.

**Never offer whole or chopped nuts before 5 years of age due to choking risk.*



Sesame



Wheat



Soy

FOOD	EXAMPLE	HOW MUCH & HOW OFTEN?
Well-cooked egg	<p>Boiled or scrambled until no visible liquid remains.</p> <p>Mash or blend the cooked egg into a vegetable or potato puree. Even adding it to sweeter fruit purees is a good way to get it into the diet!</p> <p>When your baby is older, cut the egg into small pieces and serve as finger food with some wholegrain bread soldiers.</p> <p>Baked egg can be given in the form of a sugar-free muffin/pancake made using Aptamil Pepti Syneo instead of milk.</p>	<p>1 well-cooked egg over the course of the week.</p> <p>When your baby is at the early stage of weaning, you can just add 1/3 of an egg to their vegetable or potato puree and do this 3 times per week.</p>
Peanut	<p>Thinned smooth peanut butter with no added salt, sugar, or oil (check the ingredients list).</p> <p>Thin the peanut butter with breastmilk, water or Aptamil Pepti Syneo.</p> <p>Add it into your baby's fruit puree or baby cereal/porridge.</p> <p>Never offer whole or chopped peanuts before 5 years of age due to choking risk.</p>	<p>1/2 teaspoons of smooth peanut butter 2-3 times per week.</p>

FOOD	EXAMPLE	HOW MUCH & HOW OFTEN?
Wheat	<p>Milk-free baby wheat cereals, wholegrain bread/pitta/tortilla wraps*, softly cooked pasta, sugar-free pancakes/muffins (made using Aptamil Pepti Syneo instead of milk).</p>	<p>1-2 servings per day. The 'serving sizes' below are still quite large for a small baby so your baby may only eat 1/2 a serving or less to begin with. Serving sizes: 1/4 cup milk-free baby wheat cereal (iron fortified), 1/4 cup pasta, 1/2 slice bread.*</p>
Fish & Shellfish	<p>Offer your baby the fish and shellfish you would normally eat as a family.</p> <p>There are so many species of fish and shellfish that it's impossible to introduce them all into the weaning diet.</p>	<p>Your baby will only be able for small portions (2-3 teaspoons) to begin with in the early weaning stage.</p> <p>Offer 1 portion of oily fish (e.g. salmon, trout) and 1 portion of white fish (e.g. cod, hake, whiting, sea bass) once a week.</p> <p>One portion for an older baby is approximately 1-2 tablespoons of cooked flaked fish.</p>

*Always check food labels to make sure it's milk-free. If it contains milk, the word 'Milk' will be in Bold text in the ingredients list.

FOOD	EXAMPLE	HOW MUCH & HOW OFTEN?
Soy	<p>If your baby has a delayed type (non-IgE) cow's milk allergy, it's advised to avoid soy.</p> <p>Soy 'milk' (added into a vegetable or potato puree), soy yoghurt, tofu.</p> <p>Normal soy 'milk' bought in the supermarket is not suitable as the main milk drink for your baby.</p> <p>Soy formula should not be offered to babies under 6 months of age or to those with a delayed-type cow's milk allergy.</p> <p>Soy sauce is not suitable for babies or toddlers due to the high salt content.</p>	<p>1-2 tablespoons per serving or as much tolerated depending on stage of weaning.</p> <p>Offer at least twice weekly.</p>
Sesame	<p>Hummus usually contains tahini (sesame paste). Hummus can be shop bought or homemade.</p> <p>Add hummus to your baby's vegetable, meat, and/or potato purees in the early stage of weaning.</p> <p>Once your baby is taking finger foods, hummus is great for dipping soft cooked vegetable sticks or bread sticks into.</p>	<p>1-2 teaspoons of hummus per serving.</p> <p>This can be given 2-3 times per week.</p>

FOOD	EXAMPLE	HOW MUCH & HOW OFTEN?
Tree Nuts (e.g. brazil nuts, cashews, pistachios, almonds, pecans, walnuts, macadamia nuts)	<p>Introduce these in the form of thinned, smooth nut butters (e.g. cashew butter or almond butter).</p> <p>Thin the nut butter with breastmilk, water or made up Aptamil Pepti Syneo.</p> <p>You can add ground nut powder into milk-free yoghurt, baby cereal, or various infant purees. Make sure there are no whole pieces left (adding some water / a fruit puree / milk-free yoghurt to the food processor with the ground nuts can make it easier to ensure no whole bits of nuts remain).</p> <p>There are so many different types of tree nuts so just focus on introducing the tree nuts that you would normally consume in the household.</p> <p>Never offer whole or chopped nuts before 5 years of age due to choking risk.</p>	<p>1-2 teaspoons of tree nut butter per serving.</p> <p>Homemade Nut Powder</p> <p>Serving Sizes:</p> <ul style="list-style-type: none"> 8 x almonds 8 x cashews 14 x pistachios 10 x macadamia nuts 3 x Brazil nuts 3.5 whole or 7 halves x walnuts 6 x pecan 9 x hazelnuts



WEANING RECIPES



THE RECIPES IN THIS BOOK

Introducing your baby to a variety of new foods when they start weaning will help them get all the vitamins, minerals and nutrients they need to grow and develop healthily.

It will also mean they are more likely to eat a similarly varied and balanced diet later in life. Research shows that **the more varied the weaning diet is, the less likely a child is to develop further food allergies or respiratory allergies in later childhood.**

Aptamil Pepti Syneo has been used as a milk substitute in most of these recipes. You can also use it when adapting your own recipes. Depending on the recipe, Aptamil Pepti Syneo can be added as a powder or as a made-up liquid formula.

If possible, add the Aptamil Pepti Syneo just before serving the dish because high heat in cooking inactivates the friendly bacteria in Aptamil Pepti Syneo.



However, Aptamil Pepti Syneo can still be used in hot recipes and your child will still benefit from the majority of nutritional content of the formula (the hot temperature will kill the friendly bacteria added to Aptamil Pepti Syneo).

Your baby will get the benefit of the friendly bacteria in Aptamil Pepti Syneo from their milk feeds throughout the day, when it's made up with water boiled and cooled to room temperature.

This recipe booklet provides a variety of hot and cool recipes using Aptamil Pepti Syneo. Adjust the texture of each recipe according to the stage. **Never add salt, sugar, or honey to your baby's food.**



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 Aptamil Pepti Syneo already mixed in should be served and consumed straight away without being reheated.

We recommend only adding Aptamil Pepti 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 Aptamil Pepti Syneo added.

Aptamil Pepti Syneo can then be added after defrosting or reheating, just before it is served to your baby.

Please see the advice on each individual recipe regarding preparation and freezing, making sure you label all frozen foods carefully and date them too.



WHAT IF A RECIPE CONTAINS AN INGREDIENT MY BABY IS ALLERGIC TO?

Each recipe is clearly coded and a full ingredients list has been included to help identify any unsuitable recipes.

Aptamil Pepti Syneo cannot be labelled as milk free because it is made from extensively hydrolysed cow's milk. None of the recipes contain any whole cow's milk protein, dairy products or derivatives of these.

Aptamil Pepti Syneo is designed for the dietary management of cow's milk allergy, so the milk proteins present have been broken down (hydrolysed) and have a very low allergenicity.



RECIPES

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Allergen coding for recipes

EF = egg free
NF = nut free
SF = soya free
WF = wheat free
GF = gluten free
DF = dairy free

Please note: We cannot call recipes milk free if they contain formula as the formula is made from hydrolysed cow's milk.

Remember to check the full ingredients listing of any/all manufactured foods used.

Serving sizes are a guideline only.

Freezing instructions



The following symbol will appear on any recipes suitable for freezing along with the number of months it can be frozen. Remember to freeze portions before adding Aptmail Pepti Syneo to prevent the friendly bacteria from being destroyed.

Serving suggestion



SUPERGRAIN PORRIDGE



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes

Cook time: 10-15 minutes

INGREDIENTS:

50g porridge oats, amaranth flakes, buckwheat flakes or quinoa flakes
350ml Aptamil Pepti Syneo

½ teaspoon chia seeds
½ teaspoon flax seeds
60ml water

METHOD:

- 1 | Prepare Aptamil Pepti Syneo as per instructions on the tin.
- 2 | Tip the oats, flakes, seeds and water into a small saucepan and heat gently, stirring, until it comes to the boil.
- 3 | Reduce the heat and simmer uncovered for 5-10 minutes, stirring occasionally until the flakes are tender.
- 4 | Leave to cool at room temperature.
- 5 | Add Aptamil Pepti Syneo to the portion you are going to feed immediately and mix thoroughly.
- 6 | Serve.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
225kcal	7g	31g	8g	4mg	161mg	45mg

TIPS:

- ★ Can be served with a dollop of fruit purée such as apple or pear, or soft fruits such as raspberries or strawberries.
- ★ For older children add a little fresh chopped apple, a tablespoon of sultanas or a couple of finely chopped ready to eat dried apricots or dates at step 2.
- ★ You can freeze a portion without Aptamil Pepti Syneo and add once the porridge is defrosted and reheated.

Serving suggestion



FRUITY BANANA PUDDING



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes

Cook time: 5 minutes

INGREDIENTS:

Small ripe banana (75g) roughly mashed
1 ripe peach (75g) skinned and finely chopped
1 scoop Aptamil Pepti Syneo powder (per serving)

METHOD:

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

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
72kcal	1.3g	12.9g	1g	0.48mg	25.2mg	7.4mg

TIPS:

- ★ You can freeze the fruit portions without Aptamil Pepti Syneo for use at a later time.
- ★ Try with alternative fruits such as pear, plum and berries.

CHICKPEAS, SPINACH AND ROASTED BUTTERNUT SQUASH



SERVES 4

Allergy Information: EF, NF,WF, GF

Prep time: 30 minutes

Cook time: 15-20 minutes

INGREDIENTS:

1 teaspoon olive oil
15g onion, very finely chopped
10g fresh spinach
Pinch of ground cumin
50g canned chickpeas (drained)
50g roasted butternut squash (cubed)
1 scoop Aptamil Pepti Syneo powder (per serving)

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 | Stir in 1 scoop of Aptamil Pepti Syneo powder thoroughly to the portion you are going to feed immediately and serve.
- 8 | Add a little extra olive oil if required.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
88kcal	2.8g	9.3g	3.9g	0.8mg	52mg	10mg

TIPS:

- ✦ Portions can be frozen without the Aptamil Pepti Syneo.
- ✦ Defrost, reheat and cool the portion to room temperature before stirring in the Aptamil Pepti Syneo.



SALMON WITH POTATO AND SPINACH



SERVES 4

Allergy Information: EF, NF,WF, GF

Prep time: 20-25 minutes

Cook time: 15-20 minutes

INGREDIENTS:

100g fresh salmon, cut into small cubes
(check for bones)
50g potato, cooked
1 teaspoon olive oil
10g spinach, washed
15g onion, peeled and finely chopped
Dash of lemon juice
2 tablespoons cooled boiled water
1 scoop Aptamil Pepti Syneo powder (per serving)

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 Aptamil Pepti Syneo powder thoroughly to the portion you are going to feed immediately.
- 8 | Add the cooked potato.
- 9 | Purée, mash, chop to required consistency.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
120kcal	7.3g	8.9g	6g	1.5mg	29.2mg	20.5mg

TIPS:

- ✦ Portions can be frozen without the Aptamil Pepti Syneo.
- ✦ Defrost, reheat and cool the portion to room temperature before stirring in the Aptamil Pepti Syneo.



LAMB AND AUBERGINE CASSEROLE

SERVES 4

Allergy Information: SF, EF, WF, GF, NF

Prep time: 10–15 minutes

Cook time: 45 minutes

INGREDIENTS:

- 100g minced lamb
- 1 teaspoon olive or sunflower oil
- 25g onion, finely chopped
- 1 small clove of garlic crushed
- 75g aubergine, chopped
- 75g tomato, chopped
- Pinch of freshly chopped parsley
- Pinch of dried rosemary
- 1 scoop Aptamil Pepti Syneo powder (per serving)

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 Aptamil Pepti Syneo powder thoroughly to the portion you are going to feed immediately.
- 8 | Serve the mince with mashed potato.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
102kcal	8g	4.3g	5.6g	3mg	32.5mg	26.3mg

TIPS:

- ✦ Use 200g tinned or cooked chickpeas instead of lamb to make a vegetarian alternative and reduce the initial cooking time to 20 mins.
- ✦ Freeze portions without Aptamil Pepti Syneo.
- ✦ Defrost, reheat and cool the portion to room temperature before stirring in the Aptamil Pepti Syneo.



Serving suggestion



BEAN FEAST

SERVES 4

Allergy Information: EF, NF, WF, GF

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS:

1-2 teaspoons olive oil
25g onion, finely chopped
50g green beans, cooked and very finely chopped
25g haricot beans
25g cannellini beans
25g kidney beans
25g butternut squash, peeled and finely diced
50g tomato, chopped
2 fresh basil leaves, finely chopped
1 scoop Aptamil Pepti Syneo powder (per serving)

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 Aptamil Pepti Syneo powder thoroughly in to the portion of mashed potato you are going to feed immediately.
- 9 | Serve with rice or mashed potato.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
82kcal	2.1g	7.3g	3.3g	0.8mg	46.3mg	27mg

TIPS:

- ✦ Portions can be frozen without the Aptamil Pepti Syneo.
- ✦ Defrost, reheat and cool the portion to room temperature before stirring in the Aptamil Pepti Syneo.



Serving suggestion



APPLE, RASPBERRY AND ELDERFLOWER INSTANT SORBET



SERVES 4

Allergy Information: EF, NF, GF

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS:

50g green apples sliced and frozen (skin on)

50g frozen raspberries

1 tablespoon elderflower cordial* (no-added sugar if available)

1 scoop Aptamil Pepti Syneo powder (per serving)

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 | Stir in 1 scoop of Aptamil Pepti Syneo powder thoroughly to the portion you are going to feed immediately.
- 4 | 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.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
40kcal	0.73g	5.7g	1.1g	0.3mg	24.3mg	8.7mg

TIPS:

- ✪ 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.

Serving suggestion



STEWED APPLE AND PEAR WITH CUSTARD

SERVES 2

Allergy Information: EF, NF, WF

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS:

Stewed apple and pear

1 apple peeled, cored and diced
1 pear peeled and sliced
Cooled boiled water
1 scoop Aptamil Pepti Syneo powder (per serving)

Custard

250ml water
40g milk-free custard powder*
4 drops of vanilla extract (alcohol free)*
4 scoops Aptamil Pepti Syneo powder (per serving)

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
Total: 297	3.3	57.7g	5.5g	1mg	109.9mg	47.4mg

TIPS:

- 🔁 Stewed fruit without Aptamil pepti Syneo can be frozen for use at a later time.
- 🔁 This dish can be made with other fruits such as stewed berries and plums.

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



METHOD - STEWED APPLE & PEAR:

- 1 | Place the apple and pear in a small saucepan with cooled boiled water.
- 2 | Simmer until tender, drain and leave to cool.
- 3 | You can blend the fruit until smooth using a food processor or hand blender. Ensure fruit is blended to the appropriate size and texture for your baby before serving.
- 4 | Stir in 1 scoop of Aptamil Pepti Syneo powder thoroughly to the portion you are going to feed immediately. Extra purée may be frozen and Aptamil Pepti Syneo added once it has been defrosted.

METHOD - CUSTARD:

- 1 | Mix the custard powder and vanilla 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 Aptamil Pepti Syneo powder thoroughly to the portion you are going to feed immediately. Extra custard may be stored in the fridge for 1-2 days and Aptamil Pepti Syneo added when ready to serve.
- 7 | Add stewed fruit and custard to a bowl and serve.

Serving suggestion



VISIT APTACLUB

for further information on

COW'S MILK ALLERGY AND WEANING



www.aptaclub.ie

Freephone 1800 22 1234

If you have concerns relating to your child's cow's milk allergy,
please speak to your healthcare professional