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# APTAMIL PEPTI SYNEO Recipe Book

This recipe book is intended for parents or carers of children who have been prescribed Aptamil Pepti Syneo by a Healthcare Professional.

**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 all feeding options, 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

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 foods are usually introduced at around 6 months, 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 Aptamil Pepti Syneo recipe booklet is intended for parents or carers of children who have been prescribed Aptamil Pepti Syneo due to cow's milk allergy. It provides meal ideas to be used throughout weaning, with each recipe including Aptamil Pepti Syneo, to increase the amount of nutrition provided by the recipe for your child.

The Aptamil Pepti 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 APTAMIL PEPTI SYNEO?

**Aptamil Pepti Syneo** is an extensively hydrolysed, hypoallergenic formula with additional friendly bacteria, designed for infants with Cow's Milk Allergy.



**The preparation instructions for Aptamil Pepti 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.**

! Aptamil Pepti 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 Aptamil Pepti Syneo product label carefully.

### Preparation instructions when adding Aptamil Pepti Syneo powder to recipes

- 1 Wash hands thoroughly and clean preparation area.
- 2 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.
- 3 Add the noted number of scoops of Aptamil Pepti 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 Aptamil Pepti Syneo to foods immediately prior to feeding. Any uneaten food containing Aptamil Pepti Syneo should be discarded after one hour.

Sealed tins of Aptamil Pepti 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 Aptamil Pepti Syneo should be covered with the plastic lid, and used within four weeks of opening.

## COOKING WITH APTAMIL PEPTI SYNEO

You can create a range of tasty recipes for your baby which contain Aptamil Pepti 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 Aptamil Pepti Syneo as the powder is added once the food has cooled down to room temperature and is ready to feed. This is because Aptamil Pepti Syneo contains friendly bacteria and adding Aptamil Pepti 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:



Boil fresh water until a kettle switches off.



Allow to cool until the water reaches room temperature.



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



Then use the water in the recipe as directed.

Depending on the recipe, Aptamil Pepti 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 Aptamil Pepti 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 Aptamil Pepti Syneo already mixed in should be served and consumed straight away without being reheated. We therefore 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.

**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 Aptamil Pepti 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

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	<p><b>Start by introducing foods least likely to cause an allergic reaction like root vegetables and fruit.</b></p> <p>Speak to your Doctor or Dietitian for advice.</p>
2	<p><b>Introduce new foods one at a time, in the morning and only when your child is well.</b></p> <p>This way, if your child has an allergic reaction it can be quickly identified.</p>
3	<p><b>Know the length of time required for each new food introduction.</b></p> <p>Introducing one new food every day is fine but for foods associated with food allergies including egg, peanut, wheat, soya, fish, shellfish, sesame and tree nuts, you will need to give the same food for three days.</p>
4	<p><b>Give only small amounts of foods at first.</b></p> <p>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.</p>
5	<p><b>Continue to give your child the foods that are tolerated regularly.</b></p>

\* 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.**



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## 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\*

- ✓ Can stay in a sitting position and hold their head steady.
- ✓ Can co-ordinate their eyes, hands and mouth so that they can look at the food, pick it up and put it in their mouth, all by themselves.
- ✓ Can swallow 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 but not before 17 weeks.

**It is important not to delay weaning beyond 6 months and to move through the weaning stages as detailed further on.**

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.



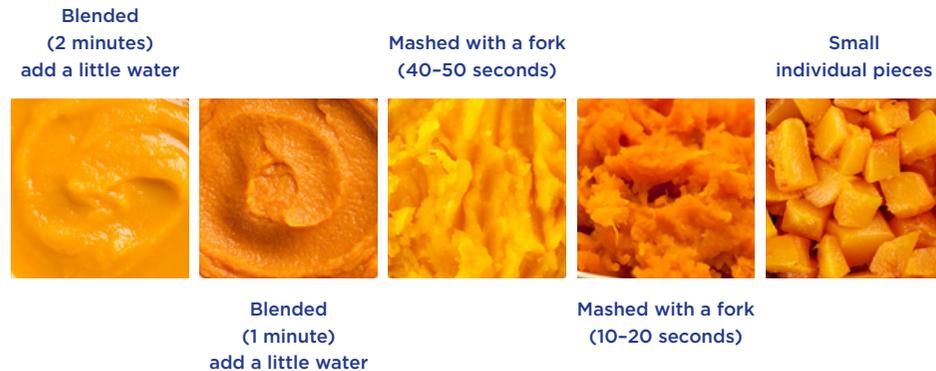
Top row from left: Melon, Mushroom, Red Pepper, Red Onion, Yellow Pepper.  
 Second row from left: Green Beans, Beetroot, Kiwi Fruit, Cauliflower, Tomatoes.  
 Third row from left: Green Lentils, Strawberries, Baked Beans, Kidney Beans, Sweetcorn.  
 Fourth row from left: Potato, Sweet Potato, Red Cabbage, 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 6–7 months of age, soft finger foods can be introduced.

Butternut squash example below:



## 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.

## THE STAGES OF WEANING

### STAGE 1\*

AROUND 6 MONTHS (26 WEEKS)

- Smooth puréed fruits and vegetables, and very soft finger foods.
- Choose foods that purée easily.
- Try one at a time first, then combine flavours.
- For example, sweet potato, potato, carrots, parsnip, swede, butternut squash, apples, pears, avocado, banana, mango, peach, melon.
- Your Doctor or Dietitian will advise you on the introduction of the foods associated with food allergies including: eggs, peanuts, wheat, soya, fish, shellfish, sesame and tree nuts.

### STAGE 2\*

7-9 MONTHS

- Thicker consistency with soft lumps; and soft finger foods.
- More textured fruits, vegetables, baby rice, meat, pulses and lentils (bread, baby pasta and breakfast cereals if allowed).
- Some parents choose to follow the baby-led weaning approach. 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. Please speak to your Doctor or Dietitian for more information.

### STAGE 3\*

10-12 MONTHS

- Include mashed, chopped and minced foods.
- Expand the variety of finger foods, for example bread sticks, rice cakes, toast fingers.
- Offer a range of fruits, vegetables, potatoes, quinoa, rice, meat, pulses and lentils (bread, noodles, pasta and breakfast cereals if allowed).
- Aim to have introduced all the foods commonly associated with food allergies as detailed above in Stage 1 and speak to your Doctor or Dietitian if further support is needed.

\* 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.

## MEET OUR EXPERT RECIPE AUTHOR ANGHARAD BANNER

I am a Mum and Children's Dietitian with over 20 years' experience in the NHS and private sector. I also teach cookery workshops to healthcare professionals to help them treat allergies. I have three young children of my own, one of whom has a dairy and peanut allergy.

My passion for cooking started when I was young and I love creating and adapting recipes for family and friends so everyone can enjoy the same meal.



## 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	Parsnip purée	1 teaspoon	-	-
May 16	10.30	Parsnip purée	1 teaspoon	-	-

## VITAMINS AND YOUR BABY

- All breast-fed babies and babies having less than 500ml of formula a day will need a vitamin D supplement from birth containing 10ug (400 I.U.). This is necessary in addition to breastfeeding supplements that mum may be taking herself.
- If your baby is having more than 500ml of formula a day, then you do not need to give a vitamin supplement as the formula is already fortified with vitamins.
- As weaning progresses, and usually by one year of age, your baby will be taking less formula and the government recommends a vitamin supplement should be given.
- This means from 6 months of age to 5 years, a supplement containing vitamins A, C and D is advised for all children who are either breast-fed or taking less than 500ml of formula.

## 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.

Unsweetened calcium-fortified milk alternatives such as soya, oat, almond and coconut drinks can be used in cooking but are not suitable as a main milk drink until one year of age. Always check with your Doctor or Dietitian before using these milks.

Rice milk alternative drinks are not recommended because of the levels of arsenic in these products.

### 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 and will be in bold in the ingredients list. So, if your baby is following a milk-free diet, these should be avoided.\*

Ingredients do change so you need to check the label every time to ensure the product is milk free.

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	Yogurt

It is recommended to avoid foods that state on the label 'may contain' or 'made in a factory handling milk'.

\* 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



Potato masher or sieve and wooden spoon



Silicone spatula



Plastic bowl and soft weaning spoon

A stick or hand blender

Deep narrow jug or beaker for blending



Ice cube trays for freezing small food portions



Small freezer bags





## BUTTERNUT SQUASH & SWEET POTATO PUREE

**Makes 6**  
(50g baby portions)  
150g butternut squash  
1 medium sweet potato  
20g dairy free spread  
**8 scoops of**  
**Aptamil Pepti Syneo**

- 1 Peel the butternut squash and sweet potato.
- 2 Cut and dice the vegetables into 1cm pieces.
- 3 Place the vegetables in a saucepan and cover with boiling water.
- 4 Boil for 10 minutes or until the vegetables are soft.
- 5 Drain the vegetables and add the dairy free spread and blend until smooth.
- 6 Add the powdered formula and mix well.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*

### CHEF'S TIP

Try other root vegetables such as parsnip, swede and carrot.



## BROCCOLI & PARSNIP PUREE

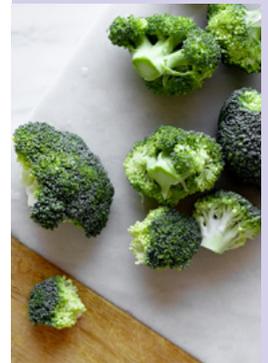
- 1 Peel the parsnips and cut into 1cm pieces.
- 2 Place the parsnips in a saucepan and cover with boiling water.
- 3 Boil for 10 minutes.
- 4 Whilst the parsnips are cooking, wash the broccoli and remove the long stalks.
- 5 Cut the broccoli head into small pieces and add to the pan with parsnips and boil for 5 minutes or until the vegetables are soft.
- 6 Drain the vegetables and add the dairy free spread and blend until smooth.
- 7 Add the powdered formula and mix well.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*



### CHEF'S TIP

Try using courgette or peas instead of broccoli.



**Makes 6**  
(50g baby portions)  
200g parsnips  
100g broccoli  
20g dairy free spread  
**8 scoops of**  
**Aptamil Pepti Syneo**



SUITABLE FOR FREEZING

**Makes 6**  
(50g baby portions)

50g dried apricots

3 medium pears

**8 scoops of**  
**Aptamil Pepti Syneo**

## APRICOT & PEAR PUREE

- 1 Chop the apricots and put them in a medium saucepan with water to cover the fruit.
- 2 Bring to the boil, cover with a lid and leave for 3 - 4 minutes.
- 3 Whilst the apricots are cooking, peel the pears and remove the core and pips.
- 4 Cut the pears into 1cm pieces and add to the pan of apricots.
- 5 Leave to simmer for 2 - 3 minutes or until the fruits are soft.
- 6 Drain the fruit then blend or mash until smooth.
- 7 Add the powdered formula and mix well.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*



### CHEF'S TIP

Try apple and sultanas as a variation.



## APPLE & BANANA PUREE

- 1 Peel, core and cut the apple into 1cm pieces and put in a medium saucepan with water to cover the fruit.
- 2 Bring to a boil, cover with a lid and leave for 5 - 10 minutes until the apple is soft.
- 3 Remove from the heat, drain the water and put the apple in a bowl or jug.
- 4 Finely slice the banana and add to the apple and blend or mash until smooth.
- 5 Add the powdered formula to the fruits and mix well.
- 6 It is usual for bananas to go brown, so if you are keeping portions you may wish to remove the top layer of the puree before serving, however it is also safe to eat.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*

### CHEF'S TIP

You may prefer to add the banana just before serving.

Follow the other steps and then refrigerate or freeze as usual.

Add approximately 1 inch of mashed banana to one portion of the apple and formula mixture and serve.



SUITABLE FOR FREEZING

**Makes 6**  
(50g baby portions)

2 medium apples

1 medium banana

**8 scoops of**  
**Aptamil Pepti Syneo**



## BANANA PORRIDGE

**Makes 3**  
(50g portions)

1 tbsp porridge oats  
90ml water  
¼ tsp ground nutmeg  
1 small banana

**3 scoops of**  
**Aptamil Pepti Syneo**

- 1 Place the oats, water and nutmeg into a saucepan and stirring continuously bring to a gentle boil.
- 2 Cook for 5 minutes until thick.
- 3 Take off the heat, allow to cool for a few minutes and then add the formula and mix well.
- 4 Mash 1 - 2 inches of banana and add to a portion just before serving.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts.  
If wheat or gluten intolerant, then ensure you are using gluten free oats.  
Will keep in the fridge for three days.*

### CHEF'S TIP

Try adding other fruits such as mashed strawberries or raspberries.  
Tinned peaches in natural juice can be easily mashed and work well too.

## BERRY OVERNIGHT OATS

- 1 Make up the formula as usual.
- 2 In each of the pots, add two teaspoons of oats and formula to cover the oats.
- 3 Add two teaspoons of yogurt to each pot.
- 4 Mash the soft berries and add to the top of each pot.
- 5 Cover and leave overnight.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts.  
If wheat or gluten intolerant, then ensure you are using gluten free oats.  
Will keep in the fridge for four days.*



**Makes 4**  
(50g portions)

60ml water  
8 tsp porridge oats  
8 tsp plain dairy free yogurt (coconut based)  
6 tbsp soft berries (raspberries / strawberries)

**2 scoops of**  
**Aptamil Pepti Syneo**

4 small weaning pots



### CHEF'S TIP

Soya yogurt can be used if soya is tolerated.  
If you have any leftover fruit purees, then you can use these instead of the berries.

**Makes 250ml**

210mls water

1 tbsp dairy free spread

1 tbsp cornflour

**7 scoops of  
Aptamil Pepti Syneo**

## WHITE SAUCE

- 1 Put the water, dairy free spread and cornflour into a saucepan and stirring continuously bring to a gentle boil.
- 2 Keep stirring and allow to simmer until the sauce thickens then take off the heat.
- 3 Allow to cool for a few minutes and then add the formula and mix well.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*


 **CHEF'S TIP**

This sauce is used for the salmon and fish pie recipes.  
You can add 1 teaspoon of dried mixed herbs or dill if you prefer.



## CHEESE SAUCE

- 1 Follow the method for the white sauce.
- 2 Grate the cheese and add to the white sauce mixing well to combine.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*

**Makes 250ml**

210mls water

1 tbsp dairy free spread

1 tbsp cornflour

50g dairy free cheese

**7 scoops of  
Aptamil Pepti Syneo**



**Makes 8 - 10**  
(50g weaning portions or can be used with the recipes requiring a mash)

350g potatoes

200g cauliflower / carrot / butternut squash / parsnip

1 tbsp dairy free spread

**30ml made-up Aptamil Pepti Syneo**

## MASHED POTATO

- 1 Peel the potatoes and chop into small pieces with the cauliflower.
- 2 Cover with boiling water and gently simmer for 15 minutes until soft.
- 3 Drain the potato and vegetables and leave to cool for 10 minutes.
- 4 Add the dairy free spread and formula and mash.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*

### CHEF'S TIP

Try and vary the vegetables you use so that your baby gets used to different tastes and flavours.

## CREAMY RISOTTO

- 1 Put the oil in a large non-stick pan on a medium heat.
- 2 Finely chop the onion and add to the pan and cook until soft.
- 3 Whilst the onion is cooking, prepare the stock.
- 4 Finely chop the garlic and add to the pan with the rice and stir.
- 5 Pour in the stock and bring to a gentle simmer, stirring occasionally.
- 6 Cover and cook on a low heat for 15 minutes until the rice is soft.
- 7 Add the mint and peas and stir.
- 8 Cook for a minute until the peas warm through then turn off the heat.
- 9 In a separate bowl, mix the soft cheese with the formula.
- 10 Add to the rice and peas mixture and stir to combine.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*



### CHEF'S TIP

Keep a variety of frozen vegetables in the freezer so you always have vegetables to hand. This recipe can use lots of different frozen vegetables such as sweetcorn, mixed vegetables, and green beans. Fresh work just as well if you prefer.



**Makes 10**  
(50g portions)

1 tbsp vegetable oil

1 small onion

250mls low salt vegetable stock

1 clove garlic

50g rice

1 tsp fresh mint or ½ tsp dried mint

100g frozen peas

50g dairy free soft cheese alternative

**7 scoops of Aptamil Pepti Syneo**

**Makes 20**

(50g portions)

350g potatoes

200g cauliflower

1 tbsp vegetable oil

1 medium onion

2 medium carrots

1 clove garlic

2 tbsp curry powder

100g green lentils

100g frozen peas

1 tbsp dairy free spread  
plus extra for baking**30ml made-up  
specialist formula****The Dip**150g dairy free plain  
yogurt (coconut based)**5 scoops of  
Aptamil Pepti Syneo**
 **CHEF'S TIP**

You can use sweet potato, parsnip, or butternut squash instead of carrots if you prefer.

Plain soya yogurt can be used if soya is tolerated.

## INDIAN SHEPHERD'S PIE

- 1 Pre-heat the oven to 180°C fan / 200°C / Gas mark 6.
- 2 Peel the potatoes and chop into small pieces with the cauliflower.
- 3 Cover with boiling water and gently simmer for 15 minutes until soft.
- 4 Whilst this is cooking, put the oil in a large non-stick pan on a medium heat.
- 5 Finely chop the onion and carrot, add to the pan and cook for 5 minutes or until soft.
- 6 Finely chop the garlic and add to the pan with the curry powder and lentils and cook for one minute.
- 7 Add 500mls boiled water to the pan and simmer for 15 minutes or until the lentils are soft and most of the liquid has been absorbed.
- 8 Add the peas and stir then transfer to a large oven-proof dish.
- 9 Drain the potato and cauliflower, add the dairy free spread and formula and mash.
- 10 Top the lentils with the mashed potato and spread evenly.
- 11 Add small dots of dairy free margarine over the top of the pie.
- 12 Bake in the oven for 30 - 40 minutes until golden brown.
- 13 Whilst this is cooking, make the dip by mixing the yogurt with the powdered formula.
- 14 Serve the pie with the dip.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*



## BEEF HOT POT

- 1 Cut the onion finely and then the carrot and potato into small 1cm pieces.
- 2 Heat a large non-stick pan on a medium heat and add the mince.
- 3 Stir until brown then add the crumbled stock cube and mix.
- 4 Add the onion, carrot, potato and stir.
- 5 Then add 300ml boiling water and the yeast extract and mix well.
- 6 Bring the sauce to the boil then reduce the heat and cook on low for 30 minutes until the vegetables are soft.
- 7 Add the baked beans and stir again and cook for a further 1 minute.
- 8 Allow to cool then add the powdered specialist formula to your child's portion and serve.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts.  
If you require wheat free then do not add the yeast extract and replace with 1 tablespoon of tomato puree.*

 **CHEF'S TIP**

Use meat free mince for a vegetarian alternative.  
Try adding butternut squash instead of carrots.

**Makes 20**

(50g portions)

1 medium onion

2 medium carrots

2 medium potatoes

500g minced beef

1 low salt beef  
stock cube

300ml water

1 tsp yeast extract

400g tin low salt  
baked beans

**Aptamil Pepti Syneo** –  
per portion add 1 scoop  
for babies and 2 scoops  
for toddlers



SUITABLE FOR FREEZING

**Makes 20**

(50g portions)

1 tbsp vegetable oil

1 medium onion

2 celery sticks

2 medium carrots

500g turkey mince

2 garlic cloves

1 tbsp tomato puree

2 tsp mixed herbs  
or oregano400g tin chopped  
tomatoesDried spaghetti or  
pasta shapes**Aptamil Pepti Syneo -**per portion add 1 scoop  
for babies and 2 scoops  
for toddlers

## TURKEY BOLOGNESE WITH SPAGHETTI

- 1 Put the oil in a large non-stick pan on a medium heat.
- 2 Finely chop the onion, celery and carrots and add to the pan and cook until soft.
- 3 Turn up the heat and add the turkey mince and stir and cook until brown.
- 4 Finely chop the garlic and add to the pan with the tomato puree and herbs.
- 5 Add the chopped tomatoes and give it a good stir.
- 6 Cover and simmer for 30 - 40 minutes until the sauce has thickened then turn off the heat and let it cool.
- 7 While it is cooling, cook the pasta according to instructions.
- 8 Add the powdered specialist formula to your child's portion of Bolognese and serve with the pasta.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts.  
Use a gluten free or wheat free pasta if required.*


**CHEF'S TIP**

Try using chopped pepper and courgette instead of carrots.

You can use mild chilli powder instead of the mixed herbs for a spicier dish and serve with rice.

Use meat free mince for a vegetarian alternative.

## PASTA BAKE

- 1 Pre-heat the oven to 180°C fan / 200°C / Gas mark 6.
- 2 Put the oil in a large non-stick pan on a medium heat.
- 3 Finely chop the onion and add to the pan and cook until soft.
- 4 Cut the chicken into small bite-sized pieces and add to the pan and stir.
- 5 When the chicken is white and soft add the garlic and herbs and cook for one minute.
- 6 Next add the chopped tomatoes and gently simmer for 10 minutes.
- 7 Whilst the sauce is cooking boil the pasta according to the pack instructions.
- 8 Drain the pasta and put to one side.
- 9 Add the soft cheese to the sauce then the drained pasta and stir well.
- 10 Place in an ovenproof dish and scatter with the cheese.
- 11 Bake for 15 - 20 mins until golden.
- 12 Allow to cool and then add the powdered specialist formula to your child's portion.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts.  
Use a gluten free or wheat free pasta if required.*



**CHEF'S TIP**

Try using other meat such as turkey or pork steaks.



SUITABLE FOR FREEZING

**Makes 20**

(50g portions)

1 tbsp vegetable oil

1 medium onion

2 chicken breasts

1 clove garlic

1 tsp dried mixed herbs

400g tin chopped  
tomatoes

100g dried pasta

50g dairy free soft  
cheese alternative50g dairy free  
mozzarella-style  
cheese alternative

**Aptamil Pepti Syneo -**  
per portion add 1 scoop  
for babies and 2 scoops  
for toddlers



SUITABLE FOR FREEZING

**Makes 10**  
(50g portions)

100g dried  
pasta shapes

150g broccoli

50g dairy free soft  
cheese alternative

30ml water

50g dairy free  
mozzarella-style  
cheese alternative

**Aptamil Pepti Syneo** –  
per portion add 1 scoop  
for babies and 2 scoops  
for toddlers



## EASY CHEESY BROCCOLI PASTA

- 1 Cook the pasta according to the pack instructions.
- 2 Finely chop the broccoli and add to the pasta half-way through the pasta cooking time.
- 3 Drain then gently mash the broccoli and pasta.
- 4 Add the dairy free soft cheese alternative, water and dairy free mozzarella-style cheese alternative.
- 5 Stir well and allow to cool for 5 minutes and then add the powdered specialist formula to your child's portion.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts.  
Use a gluten free or wheat free pasta if required.*



### CHEF'S TIP

Try using courgette or peas instead of broccoli.

Fresh pasta works well and takes less time to cook but remember to check the label as most contain egg and may not be suitable if you need to avoid eggs.

## SALMON WITH A CHEESY BREADCRUMB CRUST SERVED WITH WHITE SAUCE



- 1 Preheat the oven to 180°C fan / 200°C / Gas mark 6.
- 2 Line a baking tray with greaseproof paper.
- 3 Place the salmon fillets on to the baking tray.
- 4 Put the bread in to a food processor to form breadcrumbs.
- 5 In a medium bowl put the breadcrumbs, cheese alternative, herbs and olive oil.
- 6 Mix well and then divide the mixture between the two fillets to form a crust.
- 7 Bake in the pre-heated oven for 15 - 20 minutes or until the topping is lightly golden.
- 8 Serve with the white sauce and potato mash.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts.  
Use a gluten free or wheat free bread if required.*

### CHEF'S TIP

Always check the fish and remove any bones. You could try using other fish such as cod or haddock.

Try keeping breadcrumbs in the freezer as they can be used frozen for this dish and is great when you are short of time.



SUITABLE FOR FREEZING

**Makes 8**

(baby portions –  
each salmon fillet cut  
into quarters)

2 salmon fillets

1 slice medium bread

20g dairy free grated  
cheese alternative

1 tsp oregano or  
mixed herbs

1 tbsp olive oil

1 tbsp water

White sauce recipe –  
see page 26

 **CHEF'S TIP**

Always check the fish and remove any bones.

Vary the vegetables used for the mash for different tastes and flavours.



SUITABLE FOR FREEZING

**Makes 20**  
(50g portions)

Mashed potato recipe – see page 28

350 – 400g fish pie mix

180mls water

1 tbsp dairy free spread

1 tbsp cornflour

Juice of ½ lemon

½ tsp dried dill

50g dairy free grated cheese alternative

**6 scoops of Aptamil Pepti Syneo**

## FISH PIE

- 1 Preheat the oven to 180°C fan / 200°C / Gas mark 6.
- 2 Prepare the mashed potato.
- 3 Put the raw fish into a large oven-proof dish.
- 4 In a saucepan add the water, formula, spread and cornflour and stirring continuously bring to a gentle boil.
- 5 Keep stirring and allow to simmer until the sauce thickens then take off the heat.
- 6 Add the lemon, dill and half the cheese and give it a good stir.
- 7 Return to the heat and stir until the cheese has melted.
- 8 Pour the sauce over the fish then top with the mashed potato.
- 9 Scatter the remaining cheese over the top and bake in the oven for 30 – 40 minutes or until the pie is bubbling.
- 10 Leave to cool for a few minutes before serving.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*



SUITABLE FOR FREEZING

## SWEET POTATO DIP & FLAT BREADS

- 1 Preheat the oven to 180°C fan / 200°C / Gas mark 6.
- 2 Line a baking tray with greaseproof paper.
- 3 Wash the sweet potatoes and then use a fork or knife put small holes into the skin and bake for 40 – 50 minutes until soft.
- 4 Allow the sweet potatoes to cool and make the flat breads.
- 5 Put all the ingredients in a bowl and mix together with a spoon and then your hands to form a dough.
- 6 Flour the work-surface and knead the dough for 1 – 2 minutes.
- 7 Divide the dough into 8 equal size pieces and roll each into 10cm rounds, 2mm to 3mm thick.
- 8 Put a heavy based frying pan on a high heat and cook each round for 1 – 2 minutes on each side. They will puff up and brown. Set them to one side to cool.
- 9 Finish the dip by cutting the potatoes in half and scooping out the flesh into a food processor or bowl with a hand-held blender.
- 10 Rinse and drain the beans and add to the potato along with the yogurt, cumin and powdered formula.
- 11 Blend until smooth. You may need to add a small amount of water if it is too thick.
- 12 Serve the dip with the flat breads.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts. Use a gluten free or wheat free flour if required.*

 **CHEF'S TIP**

Plain soya yogurt can be used if soya is tolerated.

**Makes 12 – 15**  
(50g portions of dip)

**Makes 8**  
(flat breads)

### The dip

2 medium sweet potatoes

400g tin cannellini beans

2 tbsp dairy free plain yogurt / Greek style dairy free (coconut based)

1 tsp cumin

**6 scoops of Aptamil Pepti Syneo**

### The flat breads

250g self-raising flour plus extra for dusting

½ tsp baking powder

250g dairy free plain yogurt / Greek style dairy free (coconut based)

**Makes 20**

(50g portions)

1 tbsp vegetable oil

1 medium onion

1 clove garlic

400g potatoes

300ml low salt vegetable stock

250g peas

**300ml made-up****Aptamil Pepti Syneo**

Flat breads go well with this soup – see recipe on page 37

## POTATO & PEA SOUP

- 1 Put the oil in a large non-stick pan on a medium heat.
- 2 Finely chop the onion and add to the pan and cook until soft.
- 3 Peel the potatoes and chop into small pieces.
- 4 Add the potatoes to the pan with the garlic and stock and bring to the boil.
- 5 Gently simmer for 10 minutes with the lid on or until the vegetables are soft.
- 6 Add the peas and cook for another 5 minutes.
- 7 Turn off the heat and let the soup cool.
- 8 Blend the soup in a food processor or blender until smooth.
- 9 Add the powdered formula and mix well.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*


**CHEF'S TIP**

Try using broccoli or courgette instead of peas.



## CARROT MUFFINS WITH CREAM CHEESE FROSTING



- 1 Pre-heat the oven to 180°C fan / 200°C / Gas mark 6.
- 2 Line a 12-hole muffin tin with paper cases.
- 3 Peel and chop the carrots into 1cm pieces and cover with boiling water and boil for 10 minutes until soft.
- 4 Drain the carrots and mash or blend into a puree.
- 5 In a bowl whisk together the eggs, vegetable oil and vanilla essence.
- 6 Add the carrot and mix thoroughly.
- 7 Add the cinnamon, flour and baking powder and stir for a minute.
- 8 Fill the paper cases half-way with the batter and bake for 15 minutes.
- 9 Allow to cool and then make the frosting.
- 10 Put the vegetable fat, cheese alternative and vanilla essence into a bowl and mix together.
- 11 Add formula and icing sugar and mix until smooth.
- 12 Top the cooled cakes with the frosting.

*Allergy information, free from: soya, sesame, nuts & peanuts. Use a gluten free or wheat free flour if required.*

**CHEF'S TIP**

Try adding mixed spice instead of cinnamon for a different flavour.

**Makes 12**

3 medium carrots

2 medium eggs

100g vegetable oil

1 tsp vanilla essence

1 tsp cinnamon

160g wholemeal or white plain flour

2 tsp baking powder

**Cream cheese frosting**

50g vegetable fat (shortening)

50g dairy free soft cheese alternative

1 tsp vanilla essence

50g icing sugar

**4 scoops of Aptamil Pepti Syneo**

 **CHEF'S TIP**

The icing can be piped on to the cake if you prefer.

You may like to decorate the cake with dairy free chocolate buttons and marshmallows.



## CELEBRATION CHOCOLATE CAKE (NO.1)

- 1 Pre-heat the oven to 180°C fan / 200°C / Gas mark 6.
- 2 Grease and line two loaf tins with greaseproof paper.
- 3 In a bowl put the dairy-free spread and sugar and mix together until light and fluffy.
- 4 Add the remaining ingredients and mix for 2 minutes.
- 5 Add 1 tbsp freshly boiled water to the mixture and mix again for another minute.
- 6 Pour the batter equally in to the loaf tins and bake for 30 - 40 minutes or until a knife inserted into the sponge comes out clean. Don't open the oven before 30 minutes as this can cause the cakes to collapse.
- 7 Next make the frosting while the cakes are cooling.
- 8 Put the spread and vegetable fat into a bowl and mix together.
- 9 Add the vanilla essence, icing sugar, cocoa powder and formula and mix until smooth.
- 10 You may want to add a little water to thin the icing as required.
- 11 Cut one of the loaves in half and add one of the halves to the other loaf to make it longer. To the other half cut equally into three equal pieces and put two of these thirds either side of the bottom of the loaf and then the last one top left to form a number 1.
- 12 Top the cooled cakes with the frosting to decorate.

For cupcakes, half the quantities and line a muffin tray with fairy cases and cook for 15 minutes.

*Allergy information, free from: soya, sesame, nuts & peanuts. Use a gluten free or wheat free flour if required.*

300g dairy free spread  
300g sugar  
6 eggs  
2 tsp vanilla essence  
60g cocoa powder  
300g self-raising flour

### The chocolate frosting

125g dairy free spread  
125g vegetable fat (shortening)  
1 tsp vanilla essence  
500g icing sugar  
80g cocoa powder

**8 scoops of Aptamil Pepti Syneo**



## BANANA & COCONUT PANCAKES WITH SUMMER FRUIT SAUCE

- 1 Mash the banana in a large bowl and add the egg and vanilla essence and beat together.
- 2 Add the flour, coconut, baking powder and formula and mix.
- 3 Leave to stand for one minute.
- 4 On a medium heat place a non-stick frying pan and add the oil.
- 5 Once hot, put a spoonful of the batter on the pan and cook for 30 seconds or when the batter starts to bubble flip over.
- 6 Cook for another 20 seconds and then take out of the pan.
- 7 Continue until all the batter is used.
- 8 To make the sauce put the fruit and sugar on a low heat and crush the fruit with a fork and continue to heat until the sugar is dissolved.
- 9 Allow to cool for five minutes and then add the powdered specialist formula.
- 10 Serve the sauce with the pancakes.

*Allergy information, free from: soya, sesame, nuts & peanuts. Use a gluten free or wheat free flour if required. Add an extra banana and remove the egg if required.*


 **CHEF'S TIP**

These pancakes make a great finger food when you are out and need a quick snack.

### Makes 12

1 banana  
1 egg  
1 tsp vanilla essence  
150g wholemeal or white plain flour  
20g desiccated coconut  
1 tsp baking powder  
1 tbsp vegetable oil

**150ml made-up specialist formula**

### The summer fruit sauce

200g fresh or frozen raspberries  
20g sugar

**4 scoops of Aptamil Pepti Syneo**



**Makes 10**  
(50g portions)

### The filling

300g apples  
2 tsp plain white flour  
½ tsp cinnamon

### The crumble

120g wholemeal or plain white flour  
50g brown or white sugar  
60g dairy free spread

## APPLE CRUMBLE

- 1 Pre-heat the oven to 180°C fan / 200°C / Gas mark 6.
- 2 Peel, core and cut the apples into 1cm pieces and place in an ovenproof dish.
- 3 Sprinkle the apples with the flour and cinnamon and stir.
- 4 To make the crumble, place the flour and sugar in a bowl and mix.
- 5 Put 1cm cubes of the spread all over the flour mixture and then using your hands rub together until the mixture resembles fine breadcrumbs.
- 6 Spoon the crumble mixture over the apples and bake in the oven for 30 - 40 minutes until the crumble is golden.

**One scoop of the formula** can be added to the crumble to your child's portion if you prefer.

*Allergy information, free from: soya, egg, sesame, nuts & peanuts. Use a gluten free or wheat free flour if required.*



### CHEF'S TIP

Try using pears and nutmeg instead of the apples and cinnamon.



## CUSTARD

- 1 Put all the ingredients except the powdered formula in a non-stick saucepan and mix together until smooth.
- 2 Put the pan on a medium heat and stirring all the time heat until the custard is thickened. Continue to cook for another minute.
- 3 Take off the heat and allow to cool for 10 minutes and then add the powdered formula and whisk together.

*Allergy information, free from: soya, egg, wheat, sesame, nuts & peanuts.*

**Not suitable for freezing** but will keep in the fridge for three days.

### CHEF'S TIP

This custard works well with the crumble or you can add some fruit puree for a different flavour.



**Makes 6**  
(50g portions)

2 tbsp custard powder  
1 tsp sugar  
1 tsp vanilla essence  
300ml water

**6 scoops of**  
**Aptamil Pepti Syneo**

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21-071. Accurate at date of publication March 2022.

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