

Neocate Junior Chocolate Recipes

Chocolate Covered Strawberry Slushy

1 ½ tsp Imitation Strawberry Extract
1 Tbsp Hershey's Strawberry Syrup
4 scoops (32.8 g) Neocate Junior Chocolate
2 fl oz Water
8 Ice Cubes

In a blender combine the extract, syrup and ice. Blend until it makes a slushy consistency. In a separate shaker cup, combine the Neocate Chocolate powder with the water and shake well. Pour the slushy mixture into the shaker cup and shake well again. Serve immediately or store in the refrigerator for 24 hours. Sips great through a straw! Makes approximately 8 ounces.

Calories	Protein	Carbohydrates	Fat
198	5.25 g	29.24 g	6.89 g

Cinnamon Chocolate Swirl

4 Scoops Neocate Junior Chocolate
5 oz Vanilla Flavored Rice Milk
½ tsp Ground Cinnamon
8 Ice Cubes

In a blender, add the rice milk, cinnamon and ice cubes. Blend well.

Pour into a shaker cup and add the Neocate Junior to the mixture. Cover with a lid and shake well. Serve immediately or store in the refrigerator for 24 hours. Makes approximately 8 ounces.

Calories	Protein	Carbohydrates	Fat
232	5.92 g	34.65 g	8.17 g

Banana Chocolate Shake

5 Scoops Neocate Junior Chocolate
3 fl oz Water or Rice Milk
1 Frozen Banana
½ tsp Vanilla Extract
5 Ice Cubes

In a blender, combine the water or rice milk, vanilla extract, and banana. Blend well. In a separate shaker cup, add the Neocate powder and blender contents. Shake well. Serve immediately or store in the refrigerator for 24 hours. Makes approximately 10 ounces.

*With water

Calories	Protein	Carbohydrates	Fat
304	7.85 g	47.87 g	9 g

Peppermint Mocha Smoothie

4 Scoops of Neocate Junior Chocolate
2 fl oz Water
¼ tsp Peppermint Extract
8 Ice Cubes

In a blender, combine the water, ice and peppermint extract. Blend well. In a separate shaker cup, add the Neocate powder and blender contents. Shake well. Serve immediately or store in the refrigerator for 24 hours. Makes approximately 8 ounces.

Calories	Protein	Carbohydrates	Fat
161	5.25 g	16.8 g	7 g

Neocate Junior Tropical Recipes

Tropical Jubilee

1/2 apple
1/2 pear
1/2 banana (sliced)
Cinnamon sugar (if allowed)
2-3 Scoops Neocate Junior Tropical Formula

Place the apple and pear in boiling water and cook until soft. Blend in a food processor until there are still some chunks left. Allow to cool. Slice bananas and arrange them around the serving dish. Stir in Neocate Junior Tropical prior to serving. Sprinkle with cinnamon sugar.

*One serving includes 24.6g (3 scoops) Neocate Junior Tropical flavored powder

Calories	Protein	Carbohydrates	Fat
250	5 g	49 g	5.4 g

Neocate Junior Unflavored Recipes

Pot Roast Dinner

3 oz lean beef (chopped)
1 medium potato
10 baby carrots

1 tsp vegetable oil
2-3 scoops of Neocate Junior
(unflavored) powder per serving

Peel and chop the potato into small pieces. Bring water to a boil in a pan and add potatoes and carrots. Cook until a fork goes through them easily. Heat the permitted oil in a pan and brown the beef over a medium heat. Puree the baby

carrots in a food processor. (Add a tablespoon of water if necessary). Stir the Neocate into the pureed carrots. Pour mixture over the beef and potatoes.

Extra Tips

- Serve with rice pasta or rice spaghetti or well cooked white rice, ensuring that these contain only permitted ingredients. Follow the cooking instructions on the back of the packets.
- The vegetables used in this recipe can be replaced with 1½ cups of other permitted vegetables. Sweet potato (kumara) or pumpkin is easy to mash and gives the dish a thicker consistency.

One serving includes 16.4g (2 scoops) Neocate Junior powder

Calories	Protein	Carbohydrates	Fat
210	13 g	20 g	8.5 g

Please note: The ingredients and nutritional values in the above recipes are not intended as medical advice. Recipes are available for informational and educational purposes only. Use only those recipes containing ingredients that are tolerated by your child. Please consult a healthcare professional with any questions regarding tolerability.