



Neocate Infant with DHA & ARA

## Neocate Infant Weaning Guide Recipes

### 1<sup>st</sup> Foods (Thin and Smooth):

#### Neocate Rice Cereal

¼ cup of infant rice cereal

4 ounces of prepared Neocate Infant formula

1. In a small pan, combine the prepared formula and rice cereal.
2. Heat gently and serve immediately.
3. Adjust amount of cereal used to desired consistency.

Calories	Protein	Fat	Carbohydrate
137	3.7	4.1	21.3

#### Veggie Puree

1 small cooked carrot

1 small cooked zucchini or ¼ cup cooked peas

3 ounces of water

3 scoops (14.25g) Neocate Infant formula

1. Blend the vegetables and water in a food processor or blender.
2. Add the Neocate Infant powder to mixture and stir. Do not add Neocate until ready to serve.

Calories	Protein	Fat	Carbohydrate
105	4.1	3.1	15.6

#### Fruit Puree

½ ripe banana

½ cooked pear or apple (diced)

3 ounces of prepared Neocate Infant formula

1. Blend the fruits in a food processor or blender.
2. Pour the prepared formula in the fruit mixture and stir well.

Calories	Protein	Fat	Carbohydrate
151	2.75	3.0	30.3

For additional product information, please call  
1-800-Neocate or visit [www.Neocate.com](http://www.Neocate.com)

**NUTRICIA**  
North America



Neocate Infant with DHA & ARA

## 2<sup>nd</sup> Foods (Lumps and Chunks):

### Apple Delite

½-cooked apple (diced)  
2-diced prunes  
2 ounces water  
4 scoops (19g) Neocate Infant Powder

1. Add water to apple and prunes and blend to desired consistency.
2. Add the Neocate powder and stir.
3. Sprinkle with cinnamon (if allowed) and serve immediately.

Calories	Protein	Fat	Carbohydrate
156	3.0	3.8	29.6

### Peachy Banana

½ peach, fresh or canned  
½ ripe banana  
3 scoops (14.25g) Neocate Infant Powder

1. Blend the peach and banana to desired consistency.
2. Add the Neocate powder and stir.
3. Serve immediately.

Calories	Protein	Fat	Carbohydrate
143	3.2	3.1	28.0

For additional product information, please call  
1-800-Neocate or visit [www.Neocate.com](http://www.Neocate.com)

**NUTRICIA**  
North America



Neocate Infant with DHA & ARA

## 2<sup>nd</sup> Foods (Lumps and Chunks) continued:

### Fruity Oatmeal

- ¼ cup infant oatmeal
- ½ cup water
- ½-cooked apple (diced)
- 1 Tbsp. canned pumpkin
- 3 scoops (14.25g) Neocate Infant powder

1. Cook apples with added water on stovetop until soft.
2. Add oatmeal and stir while crushing apples to desired consistency.
3. Stir in the pumpkin and remove from stovetop.
4. Add the Neocate powder and stir.
5. Sprinkle with cinnamon (if allowed).

Calories	Protein	Fat	Carbohydrate
177	4.7	4.9	29.9

### Vegetable Medley

- ½ cup cooked green beans
- 2 small boiled white potatoes
- 1 ounce water
- 3 scoops (14.25g) Neocate Infant powder

1. Blend green beans, potatoes, and water to desired consistency.
2. Add Neocate Infant powder and stir.
3. Once formula is added, serve immediately.

Calories	Protein	Fat	Carbohydrate
172	5.1	3.8	30.7

For additional product information, please call  
1-800-Neocate or visit [www.Neocate.com](http://www.Neocate.com)





Neocate Infant with DHA & ARA

### 3<sup>rd</sup> Foods (Finger Foods):

#### Low Allergy Cookies (10 cookies) - 5 servings

- 1 cup rice flour or other permitted flour
- ¼ cup milk-free margarine
- 2 Tbsp. pureed apple or pear
- 2 tsp. sugar

1. Combine all ingredients together and knead to form a stiff dough.
2. Roll the mixture into small balls the size of a walnut.
3. Place on a greased cookie sheet and flatten with a fork to ½ inch thick.
4. Bake at 350°F for 20 minutes or until the cookies start to brown.
5. Remove from the oven and allow to cool. Store in an airtight container.

#### Per serving= 2 cookies

Calories	Protein	Fat	Carbohydrate
158	1.2	8.8	18.6

#### Low Allergy Teething Biscuits (10-12 biscuits) - 5 servings

- ¾ cup rice flour or other permitted flour
- ¼ cup permitted milk-free margarine
- 2 Tbsp. pumpkin (canned) or other permitted vegetable
- Pinch of salt

1. Combine all the ingredients together and knead to form a stiff dough.
2. Roll the mixture into finger size pieces and cut into 2" lengths.
3. Bake at 350°F for 20-25 minutes or until the biscuits start to brown.
4. Remove tray from oven and allow to cool. Store in an airtight container.

#### Per serving= 2 biscuits

Calories	Protein	Fat	Carbohydrate
137	1.0	8.8	13.2

For additional product information, please call  
1-800-Neocate or visit [www.Neocate.com](http://www.Neocate.com)





Neocate Infant with DHA & ARA

## 3<sup>rd</sup> Foods (Finger Foods) continued:

### Low Allergy Fruity Pancakes (6 pancakes)

6 servings

- ½ cup rice flour
- ½ tsp baking soda
- ½ tsp. cream of tartar
- 1 tsp. maple sugar
- Pinch of salt
- ½ cup brown rice (ground)
- ½ pureed peach or banana
- 3 ounces vanilla rice milk
- 5 scoops (23.75g) Neocate Infant
- 1 Tbsp. vegetable oil

1. Oil and preheat a nonstick griddle or skillet.
2. In a medium bowl, combine the rice flour, baking soda, cream of tartar, sugar and salt.
3. Grind the rice in a food processor or blender and stir in the rice with the other dry ingredients.
4. Puree ½ peach or ½ banana and stir into the mixture.
5. In a separate container (with a lid) combine the water, Neocate and oil. Shake well.
6. Pour this into the dry ingredients and mix until just combined. Do not beat or over mix.
7. Spoon ¼ cup of the batter on to the hot griddle or skillet. Cook until the tops are bubbly and edges are brown. Turn and cook until light brown. Serve at once.

Per serving= 2 pancakes

Calories	Protein	Fat	Carbohydrate
104	1.6	3.4	17.5

For additional product information, please call  
1-800-Neocate or visit [www.Neocate.com](http://www.Neocate.com)

**NUTRICIA**  
North America