

DELICIOUS RECIPE IDEAS

with the Infatrini and NutriniDrink

yummy



NUTRICIA
Nutrini

Infatrini and Nutrini products are foods for special medical purposes. For the dietary management of disease-related malnutrition. Use only under medical supervision.



RECIPE IDEAS, FOR LITTLE EATERS!

Food and drink are crucial for the growth and development of children. However, when appetite is lacking, children often find it difficult to manage normal portions and take in adequate energy and nutrients.

Oral nutritional supplements are valuable helpers here: They provide concentrated calories as well as all essential vitamins and minerals to ensure that children get everything they need.

For infants in the first year of life we recommend our **Infatrini*** drinkable food and for children from 1 year of age we recommend our **NutriniDrink** drinkable food.

NutriniDrink Multi Fibre Neutral and **NutriniDrink Compact Multi Fibre Neutral** are the only milk-flavored sip feeds specifically developed for children. They are the ideal basis for the preparation of delicious dishes that have it all.

Or how about a fruity cool down on hot days? With our **NutriniDrink Smoothie** with real fruits you can easily make a delicious ice cream.

On the following pages you will find great recipe ideas with our oral nutrition supplements. **Have fun cooking them and bon appétit!**

The Nutricia Team



SIP BY SIP SUPER.

Infatrini and NutriDrink are oral nutritional supplements that provide everything infants and children with increased energy and nutrient needs require.

Infatrini 125 ml

Infatrini is our ready to use formula to promote catch-up growth for infants in the first year of life with increased energy needs.

Nutritional values per	125 ml
Energy	(523 kJ) 125 kcal
Fat	6,6 g
thereof: saturated fatty acids	3,1 g
Carbohydrates	12,8 g
thereof: Sugar	7,4 g
Dietary fiber	0,7 g
Protein	3,3 g



*Important note:

Breastfeeding is the best nutrition for your baby. Please talk to your pediatrician or clinic if you want to use Infatrini.



NutriDrink Multi Fibre 200 ml

Milkshake with a difference! NutriDrink Multi Fibre is our classic, available in four delicious flavors (banana, strawberry, chocolate, vanilla) and a neutral variant. For children after the first year of life.

Composition	200 ml
Energy	(1280 kJ) 306 kcal
Fat	13,6 g
thereof: saturated fatty acids	1,4 g
Carbohydrates	37,6 g
thereof: Sugar (for Neutral)	9,2 g
Dietary fiber	3,0 g
Protein	6,8 g

NutriDrink Compact Multi Fibre 125 ml

Super mini - super nutritional value. Our Super Minis of NutriDrink Compact MF provide a lot of energy in an extra small volume (300 kcal/125 ml) for children after the first year of life. You have the choice of either delicious flavors chocolate-caramel and strawberry or a neutral variant.

Composition	125 ml
Energy	(1250 kJ) 300 kcal
Fat	13,6 g
thereof: saturated fatty acids	1,4 g
Carbohydrates	35,6 g
thereof: Sugar	20,3/18,6* g
Dietary fiber	3,0 g
Protein	7,1 g

* for Neutral

What makes our **neutral variants** so special?

Why **NutriniDrink Fibre Neutral** and **NutriniDrink Compact Multi Fibre Neutral**?

- They are characterized by a delicious milk taste and are especially suitable for children who prefer not so sweet foods.
- They facilitate the **transition** from weaning food.
- Are ideal for cooking and fortifying meals and drinks – allowing you to quickly whip up an energy- and nutrient-rich version of your favorite meal.



NutriniDrink Smoothie 200 ml

More than an ordinary smoothie!

Our **NutriniDrink Smoothie** with real fruit is packed with energy and super tasty. The drinkable food for children after the first year of life is available in the delicious varieties of summer and berry fruits.

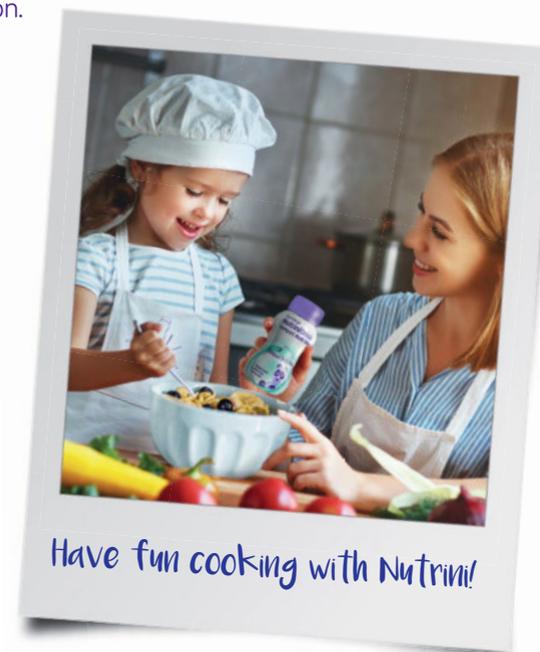
Nutritional values per	Red fruits 200 ml	Summer fruits 200 ml
Energy	(1250 kJ) 300 kcal	(1250 kJ) 300 kcal
Fat	12,8 g	12,8 g
thereof: saturated fatty acids	1,6 g	1,6 g
Carbohydrates	38,0 g	38,0 g
thereof: Sugar	23,2 g	23,0 g
Dietary fiber	2,8 g	2,8 g
Protein	6,8 g	6,8 g



Tips for cooking with oral nutritional supplements

For small and big amateur chefs!

- In most dishes, **cream and milk** can be **replaced** by the same amount of NutriniDrink Fibre Neutral or NutriniDrink Compact Multi Fibre Neutral.
- A creamy **bag soup** is quickly turned into an **energy-rich meal** by NutriniDrink Multi Fibre Neutral or NutriniDrink Compact Multi Fibre Neutral.
- If possible, add the oral nutritional supplement to the hot food at the end of the preparation and do not cook it too long. **This preserves most of the nutrients.**
- **For a short time, sip foods can be heated** to 60 – 70° degrees, preferably in a bain marie.
- Please also follow the **instructions** on the respective product during preparation.



Have fun cooking with Nutriini!

RECIPES

Infatrini

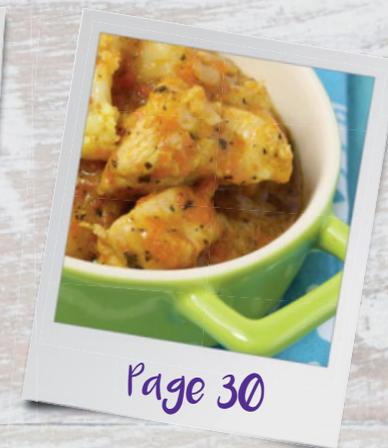
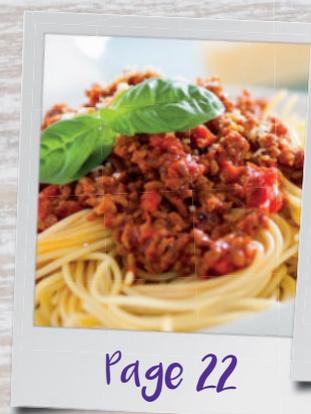
- 10 Rice cereal porridge
- 12 Whole grain porridge

NutriniDrink Multi Fibre Neutral & Compact Multi Fibre Neutral

- 14 Tomato soup
- 16 Ham and tomato omelet
- 18 Fresh mashed potatoes
- 20 Quick mashed potatoes
- 22 Spaghetti Bolognese
- 24 Mac and Cheese
- 26 Spaetzle
- 28 Creamy mushrooms
- 30 Chicken Curry
- 32 Cereal porridge
- 34 Semolina porridge
- 36 Stracciatella ice cream
- 38 Delicious hot chocolate

NutriniDrink Smoothie

- 40 Fruits on a stick



RICE CEREAL PORRIDGE

from the 5th month

 approx. 1 serving



PREPARATION

- Warm up Infatrini in a bain marie.
- Prepare infant formula as usual or alternatively boil cow's milk and cool it down to drinking temperature.
- Pour warm milk into a plate and stir in **rice cereal**.
- Allow porridge to thicken for approx. 1 – 2 min., then stir in fruit puree.

INGREDIENTS

- 125 ml **Infatrini**
- 100 ml formula milk or cow's milk (3.5 %)
- 20 g **rice cereal**
- 20 g pureed fruit

NUTRITIONAL VALUES PER SERVING WITH COW'S MILK

Energy	(1.395 kJ) 333 kcal
Carbohydrates	39,6 g
Protein	10,5 g
Fat	14,0 g

NUTRITIONAL VALUES PER SERVING WITH INFANT MILK

Energy	(1.403 kJ) 335 kcal
Carbohydrates	42,2 g
Protein	8,5 g
Fat	13,9 g



Serving suggestion

WHOLE GRAIN PORRIDGE

from the 6th month

 approx. 1 serving



PREPARATION

- Warm up **Infatrini** in a bain marie.
- Prepare infant formula as usual or alternatively boil cow's milk and cool it down to drinking temperature.
- Pour warm milk into a plate and stir in **Milupa Organic Cereal Porridge 7 Grain**.
- Allow porridge to thicken for approx. 1 – 2 min., then stir in the fruit puree.

NUTRITIONAL VALUES PER SERVING WITH COW'S MILK

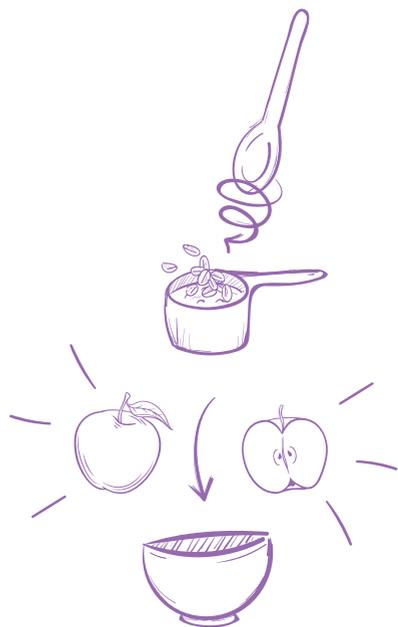
Energy	(1.114 kJ) 266 kcal
Carbohydrates	33,7 g
Protein	8,7 g
Fat	10,1 g

NUTRITIONAL VALUES PER SERVING WITH INFANT MILK

Energy	(1.122 kJ) 268 kcal
Carbohydrates	36,3 g
Protein	6,7 g
Fat	10 g

INGREDIENTS

- 125 ml **Infatrini**
- 100 ml formula milk or cow's milk (3.5 %)
- 25 g **Milupa Organic Cereal Porridge 7 Grain**
- 20 g pureed fruit



Serving suggestion



TOMATO SOUP

 approx. 1 serving

PREPARATION

- Pour tomato soup in a soup pot and add hot water.
- Heat the soup while stirring.
- Once heated, remove pot from heat and add **NutriniDrink Multi Fibre** while stirring.
- Reheat soup on stove top to serving temperature (do not boil).

NUTRITIONAL VALUES PER SERVING

Energy	(955 kJ) 228 kcal
Carbohydrates	27,8 g
Protein	7,6 g
Fat	9,6 g



TIP:
Add a little bit of cream for a creamy taste. Any other soup concentrate may also be used for this recipe idea.



INGREDIENTS

- 100 ml **NutriniDrink Multi Fibre Neutral**
- 1/2 can tomato soup (concentrate, 140 g)
- 20–30 ml hot water



HAM AND TOMATO OMELET

 approx. 1 serving



PREPARATION

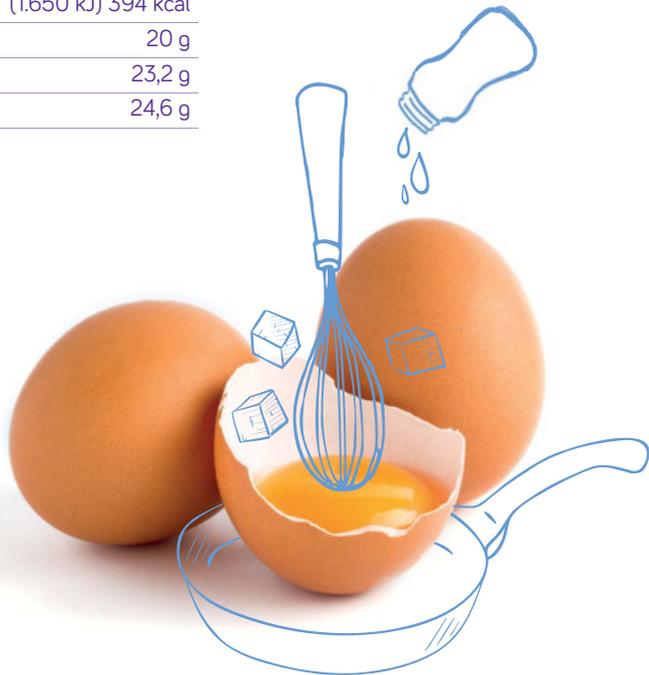
- Whisk **NutriniDrink Multi Fibre** with the eggs.
- Add the diced ham and tomatoes.
- Fry the mixture in a greased pan to form an omelet.

NUTRITIONAL VALUES PER SERVING

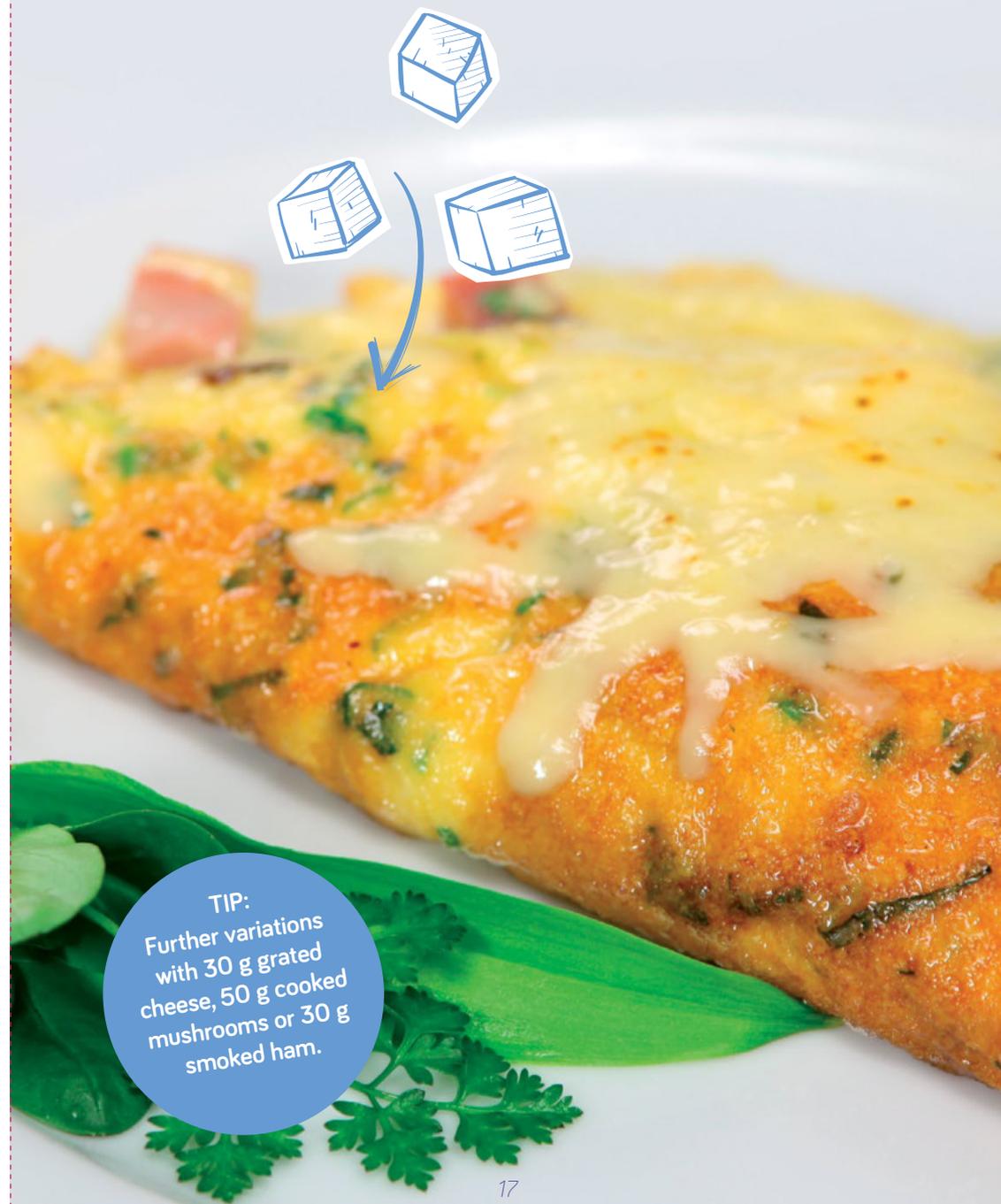
Energy	(1.650 kJ) 394 kcal
Carbohydrates	20 g
Protein	23,2 g
Fat	24,6 g

INGREDIENTS

- 100 ml **NutriniDrink Multi Fibre Neutral**
- 2 eggs
- 20 g ham cubes
- 20 g diced tomatoes
- 5 ml oil



Serving suggestion



TIP:
Further variations
with 30 g grated
cheese, 50 g cooked
mushrooms or 30 g
smoked ham.

FRESH MASHED POTATOES

 approx. 1 serving

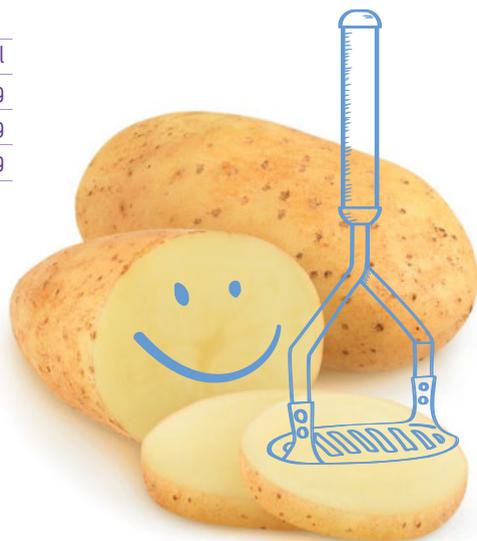


PREPARATION

- Boil potatoes in lightly salted water for about 20 to 25 minutes.
- Drain potatoes and finely mash with potato masher, stir in butter and **NutriDrink Multi Fibre**.
- If necessary, pass everything through a sieve.
- Refine with nutmeg.

NUTRITIONAL VALUES PER SERVING

Energy	(1.208 kJ) 288 kcal
Carbohydrates	39,5 g
Protein	5,8 g
Fat	11,9 g



INGREDIENTS

- 50 ml **NutriDrink Multi Fibre Neutral**
- 200 g potatoes, halved
- 1 tbsp butter (margarine)
- nutmeg



TIP:
Any other vegetable puree may also be used for this recipe idea.

QUICK MASHED POTATOES

 approx. 1 serving

PREPARATION

- Bring milk and butter to a boil.
- Add **NutriniDrink Multi Fibre** and heat.
- Sprinkle in mashed potato powder while stirring over low heat.
- Refine with nutmeg.

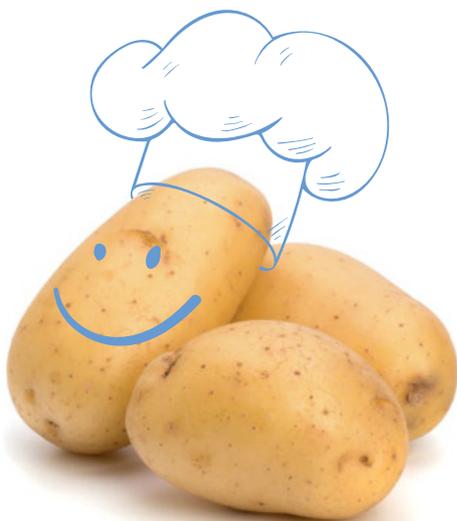


INGREDIENTS

- 50 ml milk
- 50 ml **NutriniDrink Multi Fibre Neutral**
- 1 tbsp butter (margarine)
- 20 g instant potato powder (do not cook, use grams according to product instructions per 100 ml)
- nutmeg

NUTRITIONAL VALUES PER SERVING

Energy	(1.085 kJ) 259 kcal
Carbohydrates	27,2 g
Protein	4,7 g
Fat	14 g



Serving suggestion



SPAGHETTI BOLOGNESE

 approx. 2 servings

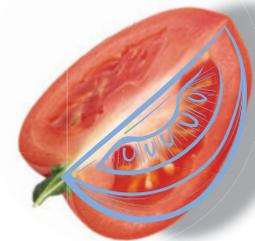


PREPARATION

- Heat oil in pan, sauté onions and garlic. Add ground meat and fry. Add tomato paste, spices and tomatoes.
- Cook over medium heat, stirring occasionally, for about 30 minutes.
- Cook spaghetti in salted water until al dente.
- Remove sauce from heat and add **NutriDrink Multi Fibre** while stirring. Then heat the Bolognese back up to serving temperature.
- Drain spaghetti and serve with sauce. Sprinkle the dish with Parmesan cheese, if desired.

NUTRITIONAL VALUES PER SERVING

Energy	(1.820 kJ) 435 kcal
Carbohydrates	43,6 g
Protein	16,7 g
Fat	21,5 g



INGREDIENTS

- 80 ml **NutriDrink Multi Fibre Neutral**
- 20 ml olive or vegetable oil
- 75 g mixed minced meat
- 1/2 onion
- 1/2 clove of garlic or some garlic paste
- 1 tsp tomato paste
- 1 tsp spice mix
- 80 g pureed tomatoes
- 100 g spaghetti
- 10 g parmesan cheese



MAC AND CHEESE

 approx. 2 servings



PREPARATION

- Melt butter in the pan. Stir in flour until a fine paste is formed.
- Stir in milk and then **NutriniDrink Multi Fibre** and add 20 g cheese.
- Cook over low heat, stirring until thick.
- Cook macaroni in salted water until al dente.
- Place the macaroni in an oven dish and spread the sauce on top, sprinkle the remaining cheese on top.
- Bake in the oven (middle shelf, convection oven 180 °C) for 20 to 25 minutes.

NUTRITIONAL VALUES PER SERVING

Energy	(1.557 kJ) 372 kcal
Carbohydrates	46,1 g
Protein	13,7 g
Fat	14,7 g

INGREDIENTS

- 80 ml **NutriniDrink Multi Fibre Neutral**
- 10 g butter (margarine) (1 tbsp)
- 20 ml whole milk
- 10 g flour (1 tbsp)
- 100 g macaroni
- 40 g grated cheese



SPAETZLE

 approx. 1 serving



PREPARATION

- Crack the egg, mix butter and egg well with flour and **NutriniDrink Multi Fibre** and a pinch of salt and nutmeg.
- Bring salted water to a boil and press the spaetzle mixture through a spaetzle strainer or a spaetzle slicer.
- Cook the spaetzle until they rise to the surface.
- Briefly rinse with cold water so that they no longer stick together.

NUTRITIONAL VALUES PER SERVING

Energy	(2.692 kJ) 641 kcal
Carbohydrates	87 g
Protein	19,6 g
Fat	24 g



INGREDIENTS

- 100 ml **NutriniDrink Multi Fibre Neutral**
- 100 g flour
- 1 egg
- 15 g butter, melted
- salt, nutmeg

Serving suggestion



CREAMY MUSHROOMS

 approx. 1 serving

PREPARATION

- Sauté finely chopped onion in oil.
- Add the cleaned and cut mushrooms.
- Sauté briefly and pour in **NutriniDrink Multi Fibre**, thicken with a little flour if necessary.
- Season to taste with the spices, possibly some lemon juice or vinegar and crème fraîche.

NUTRITIONAL VALUES PER SERVING

Energy	(1.294 kJ) 309 kcal
Carbohydrates	21 g
Protein	8,3 g
Fat	22 g



INGREDIENTS

- 100 ml **NutriniDrink Multi Fibre Neutral**
- 10 g rapeseed oil
- 15 g onion
- 100 g mushrooms or chanterelles
- 15 g crème fraîche
- salt, pepper, parsley, lemon juice or vinegar, vegetable soup powder, some flour



CHICKEN CURRY

 approx. 1 serving



PREPARATION

- Fry the chopped onion with the finely chopped chicken in oil until golden brown all over.
- Add washed and chopped courgettes and fry briefly.
- Pour in **NutriniDrink Multi Fibre**.
- Season with soup powder as well as curry and salt/pepper, season to taste with some lemon juice or vinegar if you like, stir in crème fraîche, let stand briefly.
- If necessary, thicken with a little flour (stir smooth with a little water and stir into the sauce, bring to the boil briefly).

NUTRITIONAL VALUES PER SERVING

Energy	(1.813 kJ) 433 kcal
Carbohydrates	3,2 g
Protein	24 g
Fat	25 g

INGREDIENTS

- 100 ml **NutriniDrink Multi Fibre Neutral**
- 20 g onion
- 10 g rapeseed oil
- 100 g chicken breast fillet
- 50 g courgettes
- 20 g crème fraîche
- 5 g wheat flour
- chicken soup powder, lemon juice or vinegar, salt, pepper, curry powder



PORRIDGE

 approx. 1 serving

PREPARATION

- Add the oat flakes to the cold milk, stir and bring to the boil briefly.
- Heat **NutriniDrink Multi Fibre** in a bain marie. Stir into the porridge with a whisk.
- Simmer for about 1 minute on medium heat, stirring until the desired texture is reached.
- Allow to cool slightly and stir in the fruit.

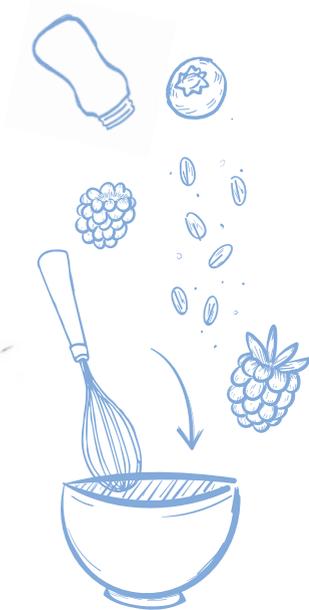
NUTRITIONAL VALUES PER SERVING

Energy	(1.352 kJ) 323 kcal
Carbohydrates	39,2 g
Protein	9,2 g
Fat	13,4 g

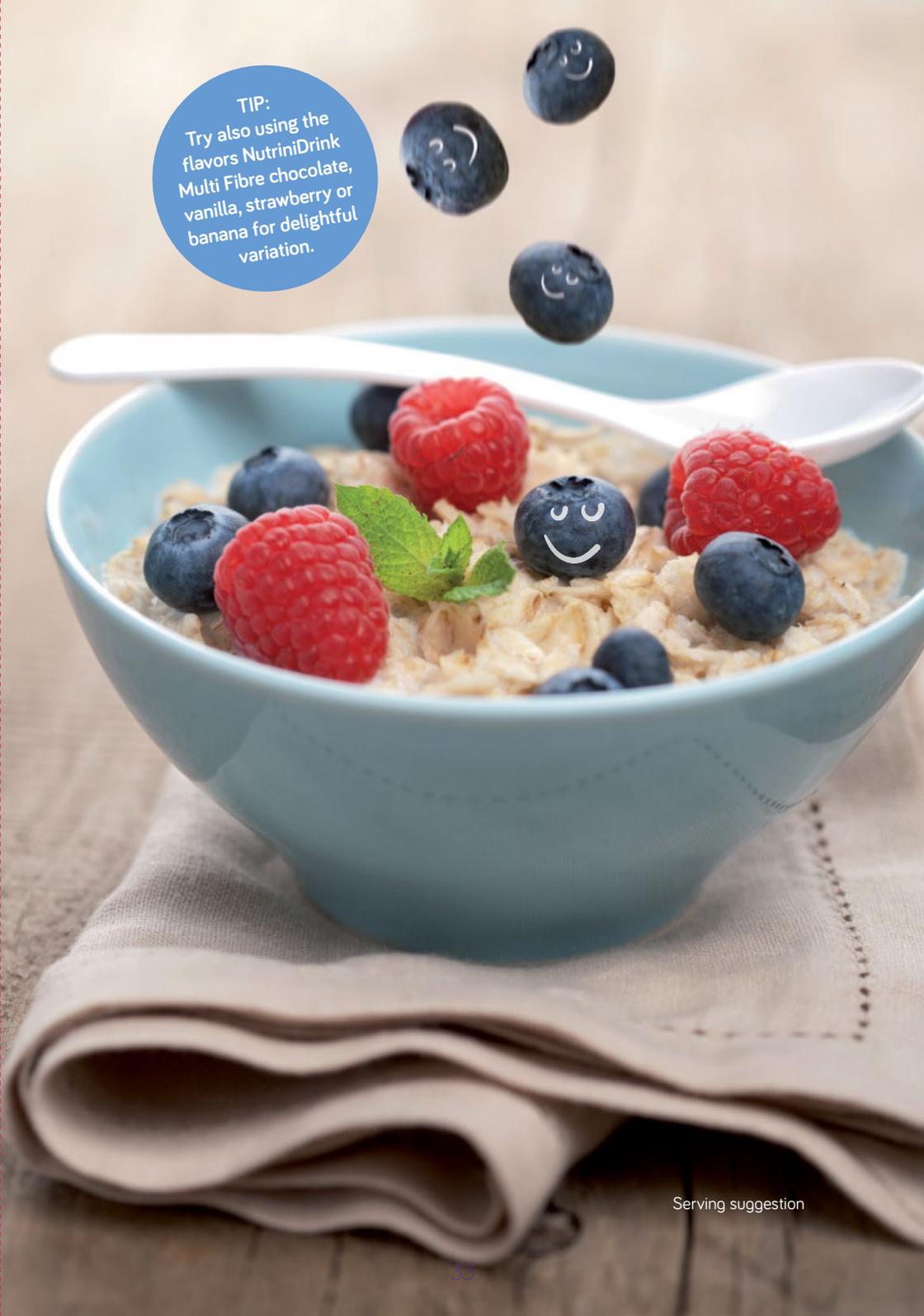


INGREDIENTS

- 100 ml cow's milk (3,5 % fat) or formula milk
- 100 ml **NutriniDrink Multi Fibre Neutral**
- 20 g oat flakes
- 2 tbsp fruit (pureed or crushed)



TIP:
Try also using the flavors NutriniDrink Multi Fibre chocolate, vanilla, strawberry or banana for delightful variation.



Serving suggestion

SEMOLINA PORRIDGE

 approx. 1 serving



PREPARATION

- Boil cow's milk or formula milk briefly.
- Stir in cereal semolina with a whisk.
- Warm **NutriniDrink Multi Fibre** in a bain marie. Stir into the porridge with a whisk.
- While stirring, simmer the porridge over medium heat until the desired texture is achieved.
- Allow to cool slightly and stir in the fruit.

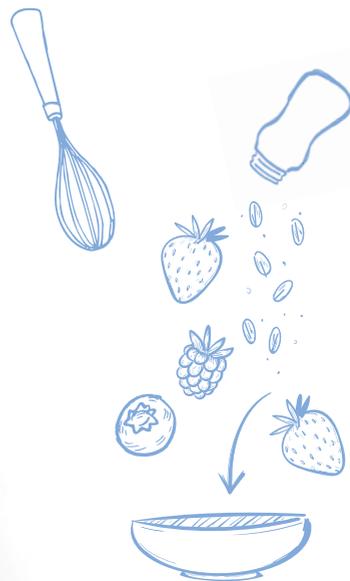
NUTRITIONAL VALUES PER SERVING

Energy	(1.290 kJ) 308 kcal
Carbohydrates	40,8 g
Protein	9,4 g
Fat	11 g



INGREDIENTS

- 100 ml cow's milk (3,5 % fat) or formula milk
- 100 ml **NutriniDrink Multi Fibre Neutral**
- 20 g cereals (e.g. spelt or wheat semolina)
- 2 tbsp fruit (pureed or crushed)



TIP:
Try also using the flavors NutriniDrink Multi Fibre chocolate, vanilla, strawberry or banana for delightful variation.



Serving suggestion

STRACCIATELLA ICE CREAM

 approx. 1 serving

PREPARATION

- Place **NutriniDrink Multi Fibre** and vanilla sugar in an ice cream maker.
- Prepare ice cream and add chocolate chips after 10 minutes.
- Garnish with whipped cream.

NUTRITIONAL VALUES PER SERVING

Energy	(2,096 kJ) 499 kcal
Carbohydrates	63 g
Protein	9,6 g
Fat	23 g



INGREDIENTS

- 200 ml **NutriniDrink Multi Fibre Neutral**
- 10 g vanilla sugar
- 30 g chocolate chips
- whipped cream



Serving suggestion



DELICIOUS HOT CHOCOLATE

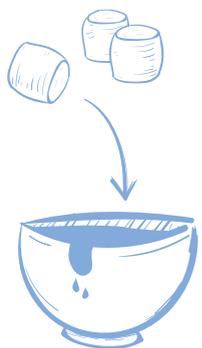
 approx. 1 serving

PREPARATION

- Mix hot chocolate powder and milk to a paste.
- Slowly add **NutriniDrink Compact Multi Fibre**.
- Gently heat in saucepan over low heat (do not bring to a boil).
- Pour into a large cup and garnish with cream and marshmallows.

NUTRITIONAL VALUES PER SERVING

Energy	(1,611 kJ) 385 kcal
Carbohydrates	45 g
Protein	9,4 g
Fat	18 g



INGREDIENTS

- 125 ml **NutriniDrink Compact Multi Fibre Neutral**
- 1 sachet hot chocolate powder
- 30 ml whole milk
- spray cream,
- mini marshmallows



Serving suggestion



FRUITS ON A STICK

 approx. 4 servings

PREPARATION

- Blend **200 ml NutriniDrink Smoothie** with fresh fruit.
- Pour the mixture into small containers or popsicle molds and freeze for several hours. You can also use an ice cream maker.

NUTRITIONAL VALUES PER SERVING

Energy	(625 kJ) 150 kcal
Carbohydrates	19 g
Protein	3,4 g
Fat	6,4 g



INGREDIENTS

200 ml **NutriniDrink Smoothie**
fresh fruit to taste





www.nutricia.de/gedeihstoerung
www.nutricia.at/gedeihstoerung

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