

Neocate Weaning Guide



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Introduction

Your child is taking **Neocate** because they are allergic to milk and maybe other foods too. Milk allergy is common. The only proper way to treat milk allergy is to avoid milk in all shapes and forms. If your child is allergic to other foods, they need to avoid these other foods also. When your child is a young baby, this is easy to do as **Neocate** will be the only food they are taking.

'Weaning' is the term we use to describe how a baby taking only milk (breastmilk or baby milk formula or **Neocate**) is started on solid foods. In this way, your child will slowly move towards a mixed, adult diet.

When you start to wean your child, new foods should be introduced one at a time. Like Neocate, all new foods need to be free of milk and any other foods your baby needs to avoid.

This might mean some changes but help is at hand! This booklet is full of practical hints, tips and recipes. For best results, we strongly advise you to use it under the guidance of your child's doctor or dietitian.

This booklet is a guide to starting your child on solid foods.

Every child is different. No booklet can ever cover the needs of every child. As such, we strongly advise you to consult your child's doctor or dietitian before using this guide. All information in this guide has been fully checked to the best of our knowledge at the date of publication.



Solving The Food Allergy Puzzle

Sorting out the foods to which your child is allergic can be like solving a jigsaw puzzle. The doctor and dietitian solve the puzzle piece by piece until they have a complete picture. The following steps show how the pieces of the puzzle may be put together:

AGE

Depending on your child's age, they may have **Neocate** as their only food or perhaps they are also eating some solid foods. If your child has food allergy, they should wait until they are six months of age* before starting on solid foods. This will let their immune system mature so it will be better prepared for new foods. (*If your child is less than six months of age and eating solid foods, check with the doctor or dietitian before making any changes.)

FORMULA

As your child takes more and more solid food, they will begin to need less **Neocate**. Do not reduce the amount of **Neocate** your child is taking too quickly however. Milk (or **Neocate** in the case of your child) remains a very important food in the first few years of life. It is full of the energy, protein, vitamins and minerals that your child needs to grow. For this reason, it is important that **Neocate** is given in the amounts advised by the doctor or dietitian.

Your child is likely to outgrow their milk allergy at some stage but it is very important that you **do not stop Neocate without first discussing it with the doctor/dietitian. Do not change your child to another formula either unless the doctor/dietitian says to do so.** Changing from **Neocate** or stopping it may cause your child to become unwell again. It might also affect their growth and possibly delay their progress to a mixed solid foods diet.

FEW FOODS

The first step in solving the food allergy puzzle is to get your child as well as possible. Ideally, that is symptom-free, gaining weight and growing well. To get your child healthy and growing well, they may need to eat only **Neocate** or perhaps **Neocate** plus a small number of foods. These 'few foods' will be foods picked by your child's dietitian. They are foods that are unlikely to cause allergic reactions. Do not add any other foods to your child's diet (including flavourings and seasonings) without checking with the doctor or dietitian first.

NEW FOODS

Once your child is doing well, the doctor and dietitian will want to expand their diet. This is often called the food “challenge” phase. The aim of this phase is to sort out which foods your child can eat and which food(s) they cannot eat. When introducing new foods, follow the doctor and dietitian’s instructions exactly. Medical supervision may be necessary.

A plan for introducing new foods:

- Foods should be brought into the diet one at a time. This way, if a child has a reaction to a food it can be traced quickly.
- Only offer new foods when a child is well.
- Try to offer foods in a variety of different ways (e.g. give rice as baby rice, ground rice, rice crackers or rice cakes). Remember to only offer textures that are suitable for your child’s stage of weaning (Refer to page 6).
- Small amounts should be given first. A “pea size” amount (½ teaspoon) is given the first time. More can be given over the next few days if your child stays well. **If your child reacts to a new food, stop the food being tested.** Record the symptoms and discuss them with the doctor or dietitian. Do not try another food until your child is completely well again.
- How often you offer new foods (e.g. daily, weekly, etc.) will vary. Discuss this with your child’s doctor and/or dietitian.
- If your child has tested a food without problems, continue to offer that food on a regular basis.

MORE FOODS

As you offer more and more foods, your child’s diet will become more varied. Try combining non-problem foods in different recipes to make your child’s diet more interesting and exciting. See our recipes section for some fun ideas!

RE-TESTING PROBLEM FOODS

Most food allergies are outgrown but some are not. It is usually not good to avoid foods if they no longer cause problems. Re-testing of problem foods should not be tried without checking with your doctor or dietitian first. They can tell you when to re-test and how to re-test.

Which Foods Should I Give My Child

Most food allergies are due to a small number of foods. The lists that follow will help you decide the order in which you offer new foods to your child. **The exact order should be checked with your child's dietitian.**

FOODS LEAST LIKELY* TO CAUSE ALLERGY IN INFANTS AND YOUNG CHILDREN

Introduce foods one at a time. Discuss food introduction with your child's doctor or dietitian.

- Rice, rice cereals, rice pasta (egg free), rice flour and ground rice. Rice products as long as other ingredients are permitted e.g. plain rice cakes and plain rice crackers.
- Potato, pumpkin, sweet potato (kumara), courgette. Peeled and home cooked i.e. boil/steam/microwave.
- Pear, apple. Peeled and cooked.
- Chicken breast (no skin), lamb. Home cooked by boiling/microwave/grill/roast.
- Oils such as olive, safflower, sunflower and canola.
- Milk free margarine.
- Sugar, glucose, golden syrup or liquid, rice syrup.
- Cooking aids such as wheat free baking powder (see recipe on page 17), bicarbonate of soda, yeast (baker's or dried).

* *'Least likely' means it is unusual for children to react to these foods.*

Note from dietitian/doctor

FOODS MOST LIKELY* TO CAUSE ALLERGY IN INFANTS AND YOUNG CHILDREN

Only give these foods on the advice of your child's doctor or dietitian.

- **Cows' milk** - casein, whey, cheese, cream, butter, whitener, yoghurt (including live yoghurts), ice cream, ghee and products containing these.
- **Goats' and sheep's milk** and any foods made from them.
- **Soy and soy products** - soy formula, soya milk, tofu and products containing soy ingredients such as certain breads, fruit sorbets, soy cheese, soy drink/ice cream/ yoghurt, ice cream substitute.
- **Egg** - albumin, egg white, egg yolk, glaze on baked products, egg in mayonnaise, some lollies, cakes, icing on commercially baked products, etc.
- **Gluten-containing cereals** such as wheat, rye, barley, triticale, spelt and kamut - breads, cereals, flours made from these grains, biscuits, cakes, pastries, pasta made from these flours.
- **Peanuts** - nut butters & flavourings, satay, peanut butter, nut chocolate and confectionery.
- **Nuts and seeds** – all types including cashews, hazelnuts, brazil nuts, almonds, walnuts, sesame, poppy seed, sunflower seeds, tahini, hummus, nut butter, marzipan, nut and chocolate flavoured spreads.
- **Fish and shell fish** of all types.
- **Celery** and dishes containing celery.
- **Mustard** and dishes containing it.
- **Sulphur dioxide and sulphites** and foods containing them.

* 'Most likely' means that it is more common for children who have food allergy to react to some or all of these foods.

The Importance of Texture

The last section covered what foods you should give to your child and when you should do it. Whatever foods you give, the texture must be suitable for your child's stage of weaning. A young baby takes only fluids (e.g. breast milk, **Neocate**, water). Through weaning, your child will learn to eat solid foods. Weaning is very important for your child's nutrition and development. Weaning is done gradually and can be roughly split into three stages;

STAGE 1 – THIN & SMOOTH

The exact age to start weaning will vary. Please discuss with your doctor or dietitian. **Start with foods that are smooth in texture, lump-free and mild in taste.** Only offer one new food at a time. Your doctor or dietitian will advise you on the order in which to introduce them.

- Start with home-cooked bland foods. This is the best way to control exactly what you are giving your child.
- Foods can be cooked, puréed and placed in a container in the refrigerator for today or tomorrow.
- Puréed foods can also be put in an ice cube container and frozen. 1-2 cubes can then be thawed as needed.
- Puréed foods can be moistened with **Neocate** or mashed with a little milk-free margarine.
- Some convenience foods may be ok for your child. Check with your child's dietitian.
- Read all labels carefully.
- Avoid flavours, artificial colours and additives (e.g. herbs, spices, stock cubes, salt and pepper).
- Once a food has been tried and found to be ok, continue to offer it.
- Ensure your child continues to take the prescribed amount of **Neocate**.

STAGE 2 – LUMPS AND CHUNKS

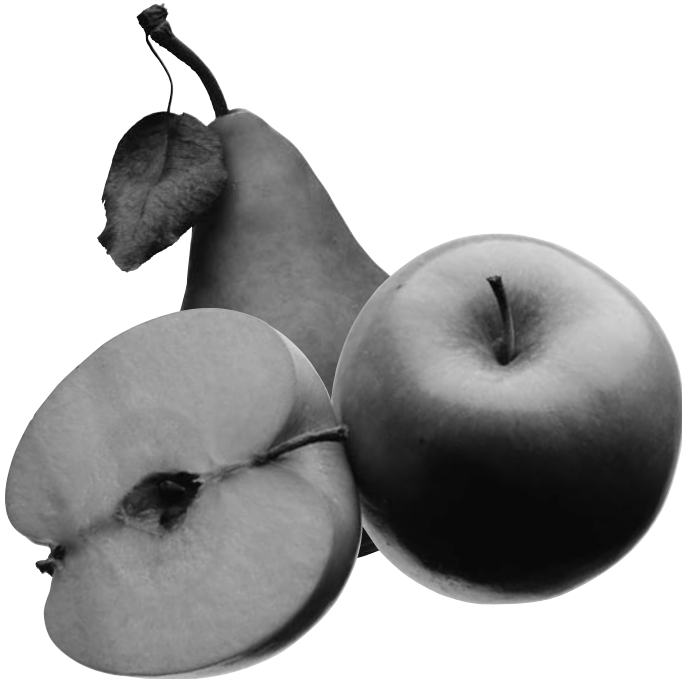
Lumpier textures develop your baby's chewing skills.

- Once your child can chew, foods can be a less smooth texture than before. As your baby gets older, foods can be mashed, grated or diced.
- Allow your baby to start self-feeding.
- As before, make sure the prescribed amount of **Neocate** formula is given each day.

STAGE 3 – FINGER FOODS

Convenience finger foods such as rusks, bread and biscuits are often not suitable for young children with allergy. Below are some finger food ideas. Give only those foods your child has tried and can take without problems;

- Vegetables – cut into strips and steam or microwave to soften e.g. cooked potato strips, cooked carrot sticks.
- Fruit – ripe, peeled and cut into strips e.g. pear, apple or melon.
- Rice shortbread (see recipe section).
- Plain rice crackers and plain rice cakes.
- Meat – cooked and cut into strips e.g. home cooked roast chicken or lamb.
- Home cooked potato chips cooked in permitted oil e.g. safflower, canola, sunflower or olive oil.



Adding Neocate to Food

Adding **Neocate** to foods helps your child to continue to accept **Neocate**. Otherwise, your child might learn to prefer food in place of **Neocate**. It is important that this does not happen before your child is taking a mixed, balanced diet.

The following tips may help you when adding **Neocate** to food:

YOUNG INFANTS

- **Neocate** formula can be added to foods such as rice cereal, puréed fruits and vegetables. Add just before serving.

OLDER INFANTS

- The scoop in **Neocate** holds roughly 5g of dry **Neocate** powder. This should be used when adding **Neocate** to food. It will help you work out the amount of **Neocate** given each day.
- **Neocate** powder should be mixed gradually into foods.
- Add **Neocate** to food just before you serve. This helps to protect the nutrients in **Neocate**. It also makes sure that the right amount of **Neocate** is given.
- If necessary, foods prepared using **Neocate** may be frozen e.g. puréed vegetables (see page 10).
- The amount of **Neocate** powder added to solid foods should be increased slowly. Water or other permitted drinks should always be offered after giving solids containing **Neocate** powder.
- It is important to make sure that your child has the prescribed number of scoops of **Neocate** each day. If solids containing **Neocate** are refused, always offer an equivalent amount of **Neocate** as a drink.
- If **Neocate** powder is added to foods, make sure your child is getting plenty to drink. Your child may need to be offered extra water to drink.
- Discard left over food even if only a small amount is eaten.

Recipes - An Introduction

The recipes in this booklet are designed to help you manage your child's diet. **Only use recipes if your child is ok with all the ingredients.** In certain recipes, ingredients can be swapped for other foods. For those recipes, we have given some ideas on substitute foods.

There is a wide variety of flours, pastas and grains now available in your health food store or supermarket. These are usually sold in the health food section. Spend some time looking at these. Always check ingredient lists on labels to ensure all the ingredients are suitable for your child. Try combining some of these items to make your own recipes.

Most of the recipes below suggest adding **Neocate**. **Neocate** can be put in as a powder or made up and added as **Neocate** formula. Either way, **Neocate** should ideally be added just before serving a dish to your child. Over heating with **Neocate** destroys vitamins and can sometimes ruin the taste of a dish.

Be careful not to contaminate your child's food and drinks with foods that your child needs to avoid. An example of contamination would be feeding your child with a spoon that has just been used to stir a cup of milky tea.

Neocate formula should be made according to the instructions on the back of the can (i.e. 1 scoop to 30ml water). Only change the dilution of **Neocate** if told to do so by your doctor or dietitian.

Recipes - Stage 1

FRUIT PURÉE (4 SERVINGS)

- 1 dessert apple, peeled and sliced
- 1 pear peeled and sliced
- ½ cup (125 ml) water
- 1-2 scoops of **Neocate** powder per serving (optional)

Place the apple, pear and water in a saucepan.

Bring to the boil, then simmer on low heat until the fruit is soft. This will take 5-10 minutes depending on the ripeness of the apple and pear.

Drain off the excess water – approximately ¼ cup, but retain as you may wish to add some of this back to the cooked fruit mixture.

Purée the fruit mixture to a thin, smooth consistency – adding some of the excess cooking water if needed. Allow to cool.

Add the 1-2 scoops of **Neocate** powder to each serving just before feeding. Ensure that the **Neocate** is mixed in well.

HANDY HINTS:

This recipe makes 1 cup of purée fruit.

This recipe can be prepared in the microwave.

This purée can be made using any permitted fruit or combination of fruits.

Remember to use only those fruits permitted.

VEGETABLE PURÉE (4 SERVINGS)

- 1 medium carrot
- 1 medium potato
- 2-3 slices courgette
- 1 cup (250ml) water
- 2-3 scoops of **Neocate** per serving (optional)

Wash, peel and chop the vegetables into small pieces.

Place the vegetables and water in a saucepan.

Bring to the boil, then simmer on low heat until the vegetables are soft. This will take 10-15 minutes.

Drain off any excess water – approximately $\frac{1}{8}$ cup and retain.

Purée the vegetable mixture to a thin smooth consistency. If needed, add a small amount of the retained excess water to achieve the correct consistency.

Allow the vegetable mixture to cool.

Add the 2-3 scoops of **Neocate** powder just before feeding.

HANDY HINTS:

This recipe can be prepared in the microwave.

This recipe makes 1 cup of purée vegetables.

This purée can be made using any permitted vegetable or combination of vegetables.

Remember to use only those vegetables permitted.

RICE CEREAL

PLAIN baby rice cereal is usually permitted in low allergy diets. Only use commercial rice cereal if the doctor and/or dietitian have permitted this.

Alternatives include home-made rice porridge that is made from ground rice or rice cereal (see next recipe), polenta, corn meal or fine oat meal/oat porridge. Check with your dietitian before using oats however - many sources may contain small amounts of other non-permitted grains.

If your child is able to tolerate commercial baby rice cereal, follow the manufacturer's preparation instructions. Substitute the amount of water recommended with **Neocate** formula. Make the **Neocate** formula up according to the instructions on the back of the can (1 scoop to 30ml water) or to the strength prescribed by the doctor and/or dietitian.

HANDY HINTS:

Rice cereal can be served with fruit purée (see recipe on page 10) if desired.

Do not use baby rice cereals that contain milk, milk products, soy, nuts, fruit and flavours added to them. Make sure the PLAIN version is used.

HOME-MADE RICE PORRIDGE (1-2 SERVINGS)

- $\frac{1}{4}$ cup rice cereal e.g. infant baby rice cereal, wholegrain rice flakes
- $\frac{1}{2}$ cup hot water
- 1 teaspoon milk-free margarine
- 2 teaspoons golden syrup (optional)
- 2-4 scoops **Neocate** powder (optional)

Combine the rice cereal, milk-free margarine and hot water in a microwave safe bowl or saucepan.

Microwave on high for 2 minutes or boil in a saucepan until the rice cereal is very soft.

Add the golden syrup and 2-4 scoops of **Neocate** powder before feeding.

NEOCATE CUSTARD (1 SERVING)

- 150 ml **Neocate** formula i.e. 5 scoops of **Neocate** powder
- 2-3 teaspoons of ground rice or maize/corn flour or baby rice cereal flakes
- $\frac{1}{2}$ teaspoon sugar

Place the rice/corn flour into a small saucepan.

Gradually add the **Neocate** formula to form a smooth paste.

Add the remaining **Neocate** formula and sugar.

Heat over a medium heat, stirring constantly to prevent lumps forming. This will take 1-2 minutes until custard thickens.

HANDY HINTS:

2 teaspoons of ground rice flour provides thinner custard. 3 teaspoons of rice flour produces custard of “gel like” consistency. This recipe makes $\frac{1}{2}$ cup of custard.

Recipe can easily be doubled.

For flavour variation, omit the sugar and add $\frac{1}{2}$ teaspoon of golden syrup. Another option is in addition to the sugar, add $\frac{1}{2}$ a vanilla bean pod, split down the center or a few drops of pure vanilla essence if permitted. Remove the vanilla bean prior to serving. Imitation vanilla essence may contain non-permitted additives.

Recipes - Stages 2 & 3

Sweet Dishes

NEOCATE THICK SHAKE (1 SERVING)

- 100ml of permitted fruit, puréed
- 100ml prepared and chilled **Neocate** formula

Prepare the fruit purée as per the recipe in first food ideas. DO NOT add any **Neocate** powder.

Mix the purée with the chilled prepared **Neocate** and serve in a cup or beaker. DO NOT serve from a feeding bottle, as it will most likely block.

NEOCATE ICE CREAM (3-4 SERVINGS)

- 350 ml **Neocate** formula
- ⅓ cup of purée pear, apple or other permitted fruit
- 2 tablespoons rice flour
- 2 teaspoons of golden syrup (optional)

Place the rice flour in a bowl and add a small amount of **Neocate** formula to form a smooth paste. Gradually add the remaining **Neocate** formula stirring well.

Heat gently for 3-4 minutes to allow the mixture to thicken. Stir constantly to prevent lumps forming.

Cool, and then add the purée fruit and golden syrup. Mix well.

Pour this mixture into an ice cream tray or cake tin and place in the freezer until ice starts forming around the edges (approximately 1 hour). Do not allow the mixture to completely freeze.

Place in a cold mixing bowl and beat with an electric whisk or mixer until the mixture is light and frothy. This will take about 3 minutes.

Return this mixture to the ice cream tray and freeze until set.

To serve, “flake” the ice cream with the side of a fork. The ice cream is sorbet-like in consistency.

HANDY HINTS:

This recipe can be easily doubled. It may take longer for the mixture to form ice around the edges. The **Neocate** formula can be more concentrated – check with your doctor and/or dietitian.

Savoury Dishes

SHEPHERD'S PIE (2 SERVINGS)

- 1 stick of celery
- 200g of permitted boneless, skinless minced meat (lamb, chicken or beef)
- 1 medium carrot
- 2 large potatoes
- ½ medium courgette
- 1-2 teaspoons of permitted cooking oil
- 1 tablespoon of milk-free margarine
- 2-3 scoops of **Neocate** powder per serving

Wash and finely slice the celery.

Peel and grate the carrot and courgette.

Heat the oil in a saucepan and cook the celery, carrot and courgette on a gentle heat until soft.

Add the meat and cook until brown.

Reduce the heat, cover and simmer for 10 minutes.

Meanwhile, peel and chop the potatoes into small pieces.

Place the potato in a separate saucepan and add enough water to cover the potato. Bring to the boil and then simmer until potato is very soft.

Drain off the excess water, allow to cool for a few minutes.

Add the margarine to the potato and mash well.

Mix the 2-3 scoops of **Neocate** powder into the mashed potato.

Spread the mashed potato on to the top of the meat mixture and serve.

HANDY HINTS:

This recipe can be made with a combination of permitted vegetables and meat.

CHICKEN & VEGETABLE CASSEROLE (3 SERVINGS)

- 2 small chicken breasts (no skin)
- 1-2 teaspoons of permitted oil
- 1 cup of peeled and chopped carrot and/or sweet potato (kumara)
- ½ cup cauliflower or broccoli florets
- 1 tablespoon of maize corn flour
- 1 tablespoon of cold water
- 2-3 scoops of **Neocate** powder per serving

Place the vegetables into a saucepan and add enough water to cover the vegetables (approximately 1 cup). Cook until the vegetables are soft.

Do not remove the excess fluid as this will help form the sauce.

Cut the chicken into small pieces. In a separate saucepan, heat the oil, add the chicken, and cook until brown.

Add the vegetable mixture to the cooked chicken.

Mix the maize corn flour with 1 tablespoon of cold water. Add to the casserole mixture and simmer for a few minutes.

Allow to cool.

Add the 2-3 scoops of **Neocate** powder just before feeding.

CHICKEN & POTATO “BOLOGNAISE” (4 SERVINGS)

- 100g chicken breast, skin removed, minced (or other minced meat as permitted)
- 1 cup of peeled and chopped potato
- ½ cup of peeled and grated courgette
- 1 cup water
- 1-2 teaspoons of permitted oil
- 2-3 scoops of **Neocate** powder per serving

Heat the permitted oil in a pan and brown the chicken over a medium heat.

Add the potato and water. Bring to the boil and then allow mixture to simmer for approximately 10 minutes until the potato is soft. When soft, mash the potato with a fork.

Add the grated courgette and continue to cook for a few minutes.

Allow to cool. Add the 2-3 scoops of **Neocate** powder just before feeding.

HANDY HINTS:

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 chicken bolognaise sauce can be frozen.

The vegetables used in this recipe can be replaced with 1½ cups of other permitted vegetables. Potato, sweet potato (kumara) or pumpkin are easy to mash and give the dish a thicker consistency.

CHICKEN VEGETABLE STIR FRY (2 SERVINGS)

- 100g chicken or other permitted boneless, skinless meat
- ½ of medium peeled courgette
- 1 small peeled carrot
- ½ stick of celery
- 6 small florets of cauliflower
- 1-2 teaspoons of permitted oil
- 1-2 tablespoons of water
- 1-2 teaspoons of golden syrup (optional)
- 2-3 scoops of **Neocate** powder per serving

Slice the chicken or other permitted meat into small strips or cubes.

Heat the oil in a pan and add the chicken. Cook on a medium heat until browned adding the golden syrup as the meat cooks.

Add the vegetables and water. Cover the pan with a lid and allow the stir-fry to simmer until the vegetables are soft.

Add the 2-3 scoops of **Neocate** powder just before feeding.

HANDY HINTS:

Serve the stir-fry with rice noodles or well-cooked white rice. Do not use egg noodles or bean-based noodles unless permitted.

The vegetables used in this recipe can be replaced with 1 cup of other permitted vegetables.

Baking

HOME MADE BAKING POWDER (WHEAT AND GLUTEN FREE)

Most commercial baking powder contains some type of flour and will be unsuitable for use in the following recipes. The following is an excellent substitute:

- 100g bicarbonate of soda
- 50g cream of tartar
- 100g rice flour or maize corn flour

Combine the ingredients in a bowl. Stir thoroughly to ensure the ingredients are well combined.

Store in an airtight container.

Use as a raising agent in cooking with permitted ingredients.

As a rule of thumb -

For cakes, pancakes, sponges: 2 teaspoons of home-made baking powder is needed for each 250g of permitted flour.

For biscuits, pastry: 1 teaspoon of home-made baking powder is needed for each 250g of permitted flour.

LOW ALLERGY PANCAKES (6-8 SMALL PANCAKES)

- $\frac{3}{4}$ cup (125g) rice flour
- $\frac{1}{2}$ teaspoon of home made baking powder (see recipe above)
- 100ml **Neocate** formula
- 1-2 teaspoons of permitted oil

Combine the flour and baking powder in a bowl.

Add the **Neocate** formula gradually to form a thick batter.

Heat 1-2 teaspoons of permitted oil in a frying pan.

Add 1-2 tablespoons of batter.

Heat gently until bubbles form on the surface of the batter.

Turn the pancake over with a spatula and cook for a further 1-2 minutes until golden brown.

Allow the pancake to cool on a plate.

HANDY HINTS:

Serve as a snack or with other permitted foods e.g. fruit, milk free margarine and permitted spread, or golden syrup may be added.

Adding more **Neocate** formula to the pancake mix can make a thinner batter. Thin pancakes can be rolled up and filled with permitted foods.

LOW ALLERGY SWEET BISCUITS (10-12 BISCUITS)

- $\frac{3}{4}$ cup (90g) rice flour, maize/cornflour or other permitted flour
- $\frac{1}{2}$ cup (60g) permitted milk-free margarine
- 30g of apple or pear purée (optional)
- 2 tablespoons sugar if permitted

Combine all ingredients together and knead to form a stiff dough.

Add 1-2 teaspoons of cold water to moisten the dough if required. Avoid adding too much water or the biscuits will become very hard.

Roll the mixture into small balls the size of a walnut, place on a tray greased with permitted margarine or oil and then flatten with a fork to 1cm thick.

Bake at 180°C (350°F) for 20 minutes or until the biscuit starts to brown.

Remove the tray from the oven and allow biscuits to cool. Store in an air tight container.

LOW ALLERGY RUSKS (10-12 RUSKS)

- $\frac{3}{4}$ cup (90g) rice flour, maize cornflour or other permitted flour
- $\frac{1}{2}$ cup (60g) permitted milk-free margarine
- 2 tablespoons of cooked mashed pumpkin or other permitted vegetable
- pinch of salt

Combine all the ingredients together and knead to form a stiff dough.

Add 1-2 teaspoons of cold water to moisten the dough if required. Avoid adding too much water or the rusks will become hard.

Roll the mixture into finger size “sausages” and cut into 5cm lengths. Bake at 180°C (350°F) for 20-25 minutes or until the rusks start to brown.

Remove the tray from the oven and allow rusks to cool. Store in an airtight container.

LOW ALLERGY MUFFINS (10-12 SMALL CAKES)

- 1 cup boiled rice
- 1 cup rice flour
- 120g of purée pear or apple (refer to Fruit Purée recipe on page 10) – DO NOT add **Neocate** powder
- 1 small peeled pear or apple finely chopped or grated
- 2 teaspoons of home-made baking powder (refer to recipe on page 17)
- 4 tablespoons of permitted margarine
- 1-2 tablespoons of pear juice or water

Rub margarine into the flour.

Add all other ingredients and mix well.

Combine with pear juice or water until the batter is a soft consistency. 1-2 tablespoons of fluid should be sufficient.

Place spoonfuls into paper cake cases or small muffin tins greased with permitted oil or milk-free margarine.

Bake in the oven at 180°C (350°F) for approximately 20 minutes. Check with a skewer to make sure the mixture is cooked in the centre.

Remove from the oven. Allow the cakes to cool in the tin and then remove. Store in an air tight container.

HANDY HINTS:

To make a sponge cake (e.g. to be used for a special occasion or birthday), cook the mixture in a small cake tin for approximately 30 minutes in a medium oven, again checking with a skewer to make sure the mixture is cooked in the centre.

If sugar is permitted, use 1 cup of sieved pure icing sugar, 1 teaspoon of permitted margarine and a few drops of water to make an icing to decorate the cake.

Both versions are great for a dessert or snack food.

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