



A good start

WITH COW'S MILK-FREE SUPPLEMENTARY FOOD!

A wide variety of recipes for little gourmets with a cow's milk allergy

Althéra. I-Mo. **Alfamino.** I-Mo. **Alfamino.** Junior I-Mo.

Nestlé
HealthScience®

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Dear parents,

Starting your child on supplementary food represents a huge step for you and your baby, and you're bound to have a lot of questions – especially if your baby is allergic to cow's milk. At Nestlé Health Science, we hope we can accompany and support you in this important step. We can provide you with valuable information about cow's milk allergy, useful tips for daily life and lots of delicious recipes for your baby.



This brochure will show you how to feed your child a diverse diet each day. You'll find out that this can be easy and quick with our formula foods: **Althéra®** and **Alfamino®** from birth onwards and **Alfamino® Junior** at one year and older.

We hope you'll have fun reading about, preparing and enjoying the food.

Your Nestlé Health
Science team



What is a COW'S MILK ALLERGY?

Two to three percent of babies suffer from a cow's milk allergy – mostly in the first few months of life – making it the most common food allergy in infants.

A cow's milk allergy is an allergic reaction of the immune system to proteins in cow's milk. Even babies that have been exclusively breastfed can develop a cow's milk allergy. In such cases, the reaction is triggered by milk protein consumed by the mother that has passed into the breast milk. In babies who have been fed a cow's milk-based infant formula, the reaction is caused by the milk protein in the formula food.

In both cases, the immune system recognises these proteins as foreign to the body and triggers an **allergic reaction, which can then manifest as gastrointestinal, skin and respiratory symptoms.**

Scan to watch a
video explaining
cow's milk allergy



What is the difference

BETWEEN A COW'S MILK ALLERGY AND LACTOSE INTOLERANCE?

The symptoms may be similar, but a cow's milk allergy and lactose intolerance are two completely different diagnoses.

- ▶ A cow's milk allergy is an immune reaction. The protein triggering the allergy comes from cow's milk and can also enter breast milk via the mother's diet.
- ▶ Lactose intolerance is the term used to describe an impaired ability or inability to digest the sugar lactose, which is found in both breast milk and cow's milk.

Worth knowing:

Lactose intolerance is very rare in children under the age of three, even if they suffer from a cow's milk allergy.

A cow's milk allergy should be diagnosed by a doctor!





How should you go about **WEANING YOUR BABY IF HE OR SHE IS ALLERGIC TO COW'S MILK?**

Don't worry! There are many possibilities and solutions to feeding babies with a cow's milk allergy that ensure your child will get everything it needs to grow up healthy.

Breastfeeding is the best thing for your baby.

From the moment it is born, breast milk will meet your baby's needs with its ideal, balanced composition of vitamins, minerals and other nutrients.

Infants with a cow's milk allergy possess an immature immune system. That makes them more vulnerable to infections. Breast milk is the ideal nutrition – as it is for all babies – because it contains a wide range of substances that promote the development of the immune system, for example human milk oligosaccharides (HMOs). These are the third most abundant solid constituent of breast milk. Breast milk contains around 200 different HMO substances, two of the most common of which are 2'FL and LNnT.



Worth knowing ?! **about cow's milk allergy:**

If your exclusively breastfed baby develops a cow's milk allergy, you don't have to stop breastfeeding. Make sure you avoid products containing cow's milk protein in your diet. A detailed nutritional consultation will provide you with everything you need to know.



Nutritional therapy

WITH ALTHÉRA® AND ALFAMINO®

Paediatricians recommend that babies with a cow's milk allergy who have not been breastfed should be given age-appropriate special formula foods, for instance our products **Althéra®**, **Alfamino®** and **Alfamino® Junior** for infants.

Our special formula foods have been developed using the latest scientific findings and contain the two human milk oligosaccharides* (HMOs) 2'FL and LNnT, which are structurally identical to the HMOs in breast milk.

Starting at birth

Althéra® and **Alfamino®** have been developed with the utmost care to ensure that your baby's symptoms subside rapidly and effectively. They provide all the nutrients your baby needs to grow and develop.

Starting at one year and older

Toddlers have different nutritional needs than infants. We have developed the special formula food **Alfamino® Junior** with them in mind.

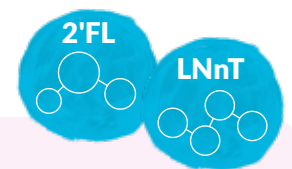
Worth knowing: ?!

Experts consider breast milk to be the ideal nutrition for infants. It contains a large number of substances that promote the development of the immune system, for example human milk oligosaccharides (HMOs). These are known

- ▶ to promote the growth of gut-friendly bacteria,
- ▶ reduce the number of pathogens in the intestine,
- ▶ strengthen the intestinal barrier and aid in maturing the immune system.



* Not derived from breast milk.



Althéra.
HMO.



Highly hydrolysed special formula food for cow's milk allergy

- ▶ Of all highly hydrolysed special formula foods for cow's milk allergy, **Althéra®** has the highest degree of hydrolysis, for rapid and effective relief of symptoms
- ▶ Contains HMOs
- ▶ Of all highly hydrolysed special formula foods, **Althéra®** contains the most lactose, making it taste great
- ▶ Halal

100% cow's milk-free, for severe cow's milk allergy and multiple nutrient allergies

Alfamino.
HMO. Alfamino.
Junior HMO.



- ▶ Contain 100% non-allergenic amino acids for safe and effective symptom relief
- ▶ Contain HMOs
- ▶ The best tasting amino-acid formula, as confirmed by parents and doctors
- ▶ Halal

A cow's milk allergy should be clinically diagnosed by a doctor. It's also important to seek medical advice before switching your child to a special formula food.

A varied diet -

EVEN WITH A COW'S MILK ALLERGY? ABSOLUTELY!

Your baby's symptoms will resolve two to four weeks after you start him or her on nutritional therapy with a special formula food. Your stress and worries will soon lift, and you'll once again be able to enjoy every moment of your family life again.

Introduction of solid food

If you have an infant with a cow's milk allergy, you will need to discuss how to introduce complementary foods with your doctor. Starting an infant on complementary foods is an exciting period for the whole family. But there's no reason to worry, you can introduce complementary foods in the normal way - but without cow's milk as an ingredient.

Recommendations on how to introduce complementary foods: Go ahead carefully. Introduce one new food at a time into your child's diet, **step by step and in small quantities**. That way, you'll know immediately which food is responsible for an allergic reaction.

Ask your doctor for advice **before** you change your child's diet or introduce complementary foods!



Worth knowing: ?!

You can't always immediately tell whether a food contains milk or milk derivatives. For this reason, always pay close attention to the labelled ingredients; allergenic ingredients such as milk must be highlighted.





Tips on introducing complementary foods



Variety is the spice of life, since your baby's taste preferences develop at an early age. Offer him or her different vegetables one after the other, warm, finely pureed and in small quantities, e.g. potato, parsnip or carrot.

Expect chaos in the kitchen when you start spoon feeding your baby for the first time. Put on an apron yourself and a bib on your baby beforehand and let the washing machine do the hard work later.

Start out with low-allergen foods that are unlikely to cause an allergic reaction. Ask your doctor for detailed advice in advance.

Patience is essential when starting complementary feeding. Allow your baby enough time to get used to both eating from a spoon and to new taste experiences.

The amount of mashed food your baby eats is initially unimportant. He or she is unlikely to eat more than one or two spoonfuls of complementary food per meal at first. That amount is completely normal.

For a positive eating experience, it's crucial that you stay calm and cheerful before and during the meal. Arrange things at the table just right, encourage your baby with a smile or little games and don't get annoyed if something goes wrong.

There are also glass jars of puree for babies with a cow's milk allergy. When shopping, always read the labelled ingredients very carefully to ensure that the food doesn't contain milk. As an allergen it must be clearly labelled on all ready-to-eat products.



Growing up carefree WITH A COW'S MILK ALLERGY



Timing is the key: make sure that your baby is not too tired at mealtimes. Learning to eat from a spoon is actually quite demanding.

Repetition is the magic word if your baby rejects a food the first time. Simply try a small quantity the next day. Incidentally, the same applies if your baby won't open its mouth and refuses the spoon.

When breastfeeding, to ensure that there is no cow's milk protein in your breast milk, you must eliminate all products from your diet that contain any of the following ingredients: milk, milk protein, whey protein, casein, milk caseinate, lactalbumin, lactose, cream and butter. You can find out more about this at kuhmilchallergie.info or, if you need to, contact a nutritionist.

Your baby's first attempt at chewing will, in fact, be more of a pushing movement of the tongue; this will also contribute to his or her language development. Real chewing will begin when his or her incisors emerge, and the cheeks, lips and throat will be trained and strengthened.

You can try out new consistencies as soon as your baby has become accustomed to pureed food. Star or alphabet noodles or very soft-cooked cubes of vegetables are just as well suited for this as soft pieces of fruit. You should also let your child touch their food.

By letting your child eat a bit from its hand, you're giving it a small taste of freedom. Steamed vegetable strips and soft pieces of fruit, for example, are ideal for little hands to explore and eat on their own. In the case of baked goods, first ask yourself whether they are dairy-free or check the list of ingredients!

You can store home-made purees without formula food in the fridge for a short time. Only add **Althéra®** or **Alfamino®** fresh just before feeding.

When preparing supplementary food, remember that home-made is the best option; only then can you be certain that it's 100% cow's milk-free.



Sample feeding plan for INFANTS AND TODDLERS



Meal	Infant formula	Complementary food	Introduction to family meals	Family meals	Month / Year					
Breakfast	Breastfeeding and/ or Althéra®/Alfamino® as needed throughout the day	Vegetable, potato and meat puree*	Althéra®/Alfamino® and sandwiches	Alfamino® Junior and sandwiches	From 1 year					
Snack 1					Small snack (dairy-free)**	From 2 years				
Lunch	1-5	Milk-free cereal porridge with fruit	Small snack (dairy-free)*	Main meal**	From 3 years					
Snack 2					Small snack (dairy-free)**	From 3 years				
Supper		Althéra®/Alfamino® with cereal flakes	Althéra®/Alfamino® and sandwiches	Alfamino® Junior and sandwiches						
Month / Year		6	7	8	9	10	11	12		

* Optionally prepare with Althéra®/Alfamino®.

** Optionally prepare with Alfamino® Junior.

Recipes for

BABIES AND TODDLERS WITH A COW'S MILK ALLERGY

You can find a variety of recipe suggestions on the following pages that have been developed and tested by Aline Besancenot and the dietetics teams at Montpellier University Hospital and Hôpital Necker-Enfants (AP-HP). Thank you very much for their support!

Important:

The recipes in this brochure have been developed for babies and toddlers who have been diagnosed with a cow's milk allergy. Please ask your doctor for advice on which special formula food is suitable for your baby or toddler before introducing complementary foods!

Abbreviations:

- pi. = a pinch
- tsp. = tea spoon
- tblsp. = tablespoon
- m.s. = measuring spoon
- ml = millilitre
- g = gram
- f.p. = frozen product

Seasonal:

- 🌸 Spring
- ☀️ Summer
- 🍂 Autumn
- ❄️ Winter



Worth knowing: ?!

Each recipe will yield 1 portion



Bon appétit!



Recipes

AT 6 MONTHS AND OLDER

Savoury dishes

Carrot puree



10 min to prepare | 20 min to cook

Season

Ingredients

- ▶ 100 g of carrots
- ▶ 30 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 2 m.s. of Althéra® or Alfamino® powder

Preparation

1. Wash, peel and dice the carrots. Cook for 20 minutes in a little water in a saucepan (check whether they are fully cooked with the tip of a knife) and then puree.
2. Blend with the 30 ml of water and oil until smooth. When the puree has cooled to a temperature that it can be eaten, stir in the Althéra® or Alfamino® powder.
3. Check the temperature before you feed your baby your home-made puree.

Tip



Use a multifunctional food processor or a hand blender to blend the food.



Courgette puree

10 min to prepare | 10 min to cook

Season

Ingredients

- ▶ 150 g of courgette
- ▶ 1 tsp. of rapeseed oil
- ▶ 2 m.s. of Althéra® or Alfamino® powder

Preparation

1. Wash and peel the courgettes, cut into quarters lengthways, remove the seeds and cut into small cubes. Cook for 10 minutes in the steamer (check whether they are fully cooked with the tip of a knife) and then puree.
2. Blend with the oil until smooth. When the food has cooled down, add and mix in the Althéra® or Alfamino® powder.
3. Check the temperature before you feed your baby your home-made puree.

Culinary tip



Courgettes contain a lot of water, so you won't need to add any extra water to this recipe. Althéra® or Alfamino® powder can be added to all your purees.





Pumpkin soup

 10 min to prepare | 15 min to cook

Season  

Ingredients

- ▶ 100 g of pumpkin
- ▶ 90 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Wash and peel the pumpkin and cut into small cubes. Cook for 15 minutes in a little water in a saucepan (check whether they are fully cooked with the tip of a knife) and then puree.
2. Blend with the 90 ml of water and oil until smooth. When the soup has cooled to a temperature that it can be eaten, stir in the **Althéra®** or **Alfamino®** powder.
3. Check the temperature before you feed your baby your home-made soup.

Creamed sweet potato



 10 min to prepare | 20 min to cook

Season    

Ingredients

- ▶ 100 g of sweet potato
- ▶ 30 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 2 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Wash and peel the sweet potato and cut into cubes. Cook for 20 minutes in a little water in a saucepan (check whether they are fully cooked with the tip of a knife) and then puree. Blend with the 30 ml of water and oil until smooth.
2. When the puree has cooled to a temperature it can be eaten, stir in the **Althéra®** or **Alfamino®** powder.
3. Check the temperature before you feed your baby your home-made puree.

Culinary tip



A simple recipe that can also be made with carrot, butternut squash or any other squash type.

Culinary tip



There are many different types of pumpkin. Give your baby the chance to discover them!



Parsnip puree

 10 min to prepare | 20 min to cook

Season  

Ingredients

- ▶ 100 g of parsnips
- ▶ 30 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Althéra**[®] or **Alfamino**[®] powder



Preparation

1. Wash and peel the parsnips and cut into small cubes. Cook for 20 minutes in a little water in a saucepan (check whether they are fully cooked with the tip of a knife).
2. Blend with the 30 ml of water and oil until smooth. When the puree has cooled to a temperature that it can be eaten, stir in the **Althéra**[®] or **Alfamino**[®] powder.
3. Check the temperature before you feed your baby your home-made puree.

Butternut squash soup



 10 min to prepare | 15 min to cook

Season  

Ingredients

- ▶ 100 g of butternut squash
- ▶ 60 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 2 m.s. of **Althéra**[®] or **Alfamino**[®] powder

Preparation

1. Wash, peel and dice the butternut squash. Cook for 15 minutes in a little water in a saucepan (check whether they are fully cooked with the tip of a knife) and then puree.
2. Blend with the 60 ml of water and oil until smooth. When the soup has cooled to a temperature that it can be eaten, stir in the **Althéra**[®] or **Alfamino**[®] powder.
3. Check the temperature before you feed your baby your home-made soup.





Cream of fennel

 10 min to prepare | 20 min to cook

Season    

Ingredients

- ▶ 100 g of fennel
- ▶ 20 g of carrots
- ▶ 90 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Wash and dice the fennel. Wash and peel the carrots and cut into small cubes. Cook both together for 20 minutes in a little water in a saucepan (check whether they are fully cooked with the tip of a knife) and then puree.
2. Blend with the 90 ml of water and oil until smooth. Pass through a fine sieve to remove the fennel fibres.
3. When the cream has cooled, stir in the **Althéra®** or **Alfamino®** powder. Check the temperature before you feed your baby your home-made creamed meal.

Culinary tip

You can also turn this recipe into a puree if you use a little less water.

Creamed peas with ham



 20 min to prepare | 15 min to cook

Season    

Ingredients

- ▶ 150 g of fresh or frozen peas
- ▶ 10 g of cooked ham (preferably uncured/nitrite-free)
- ▶ 30 ml of mineral or spring water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Steam the peas for 15 minutes and then puree.
2. Blend in the 30 ml water and pass through a fine sieve. Add the ham and oil and mix again. Add the **Althéra®** or **Alfamino®** powder when the creamed food has cooled. Mix.
3. Check the temperature before you feed your baby your home-made creamed meal.



Mashed potatoes with spinach and hake

 20 min to prepare | 20 min to cook

Season    

Ingredients

- ▶ 100 g of baby spinach
- ▶ 50 g of potato (Roseval)
- ▶ 10 g of onion
- ▶ 20 g of boneless hake
- ▶ 30 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tbsp. of coconut milk
- ▶ 2 × ½ tsp. of rapeseed oil
- ▶ 3 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Wash and peel the potatoes, cut into small cubes and cook for at least 10 minutes, add the hake about 2 minutes before the end of the cooking time (check whether the food has fully cooked with the tip of a knife).
2. Peel and finely chop the onion. Sauté in a pan in half a teaspoon of oil. Stir in a little water and allow it to evaporate off. The onion should become translucent.
3. Add the spinach to the onion and cook for 5 minutes. Blend the spinach with the 30 ml of water. Stir in the **Althéra®** or **Alfamino®** powder. Mash the potatoes with a fork, crumble the hake and stir in the remaining oil and coconut milk.
4. Mix the potato and hake with the spinach or serve separately. Check the temperature before you feed your baby your home-made puree.

Leek puree with cod

 20 min to prepare | 26 min to cook

Season  

Ingredients

- ▶ 150 g of white leek
- ▶ 50 g of potato
- ▶ 10 g of boneless cod
- ▶ 2 chive stalks
- ▶ 100 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Althéra®** or **Alfamino®** powder


Preparation

1. Wash and peel the potatoes, cut into cubes and cook for 10 minutes (check whether they are fully cooked with the tip of a knife).
2. Finely slice the leek into rings and sauté in the oil for 5 minutes. Add 100 ml of water and cook over a low heat for approx. 10 minutes. Once the water has completely evaporated off, add the cod and cook for approx. 1 minute (check whether the food is fully cooked with the tip of a knife).
3. Mix the cod with the leek. Pass the potatoes through a fine sieve or mash them with a potato masher. Mix the leek, cod and potatoes with the finely chopped chives.
4. Allow the puree to cool. Stir in the **Althéra®** or **Alfamino®** powder. Check the temperature before you feed your baby your home-made puree.





Broccoli puree with quinoa

 10 min to prepare | 20 min to cook

Season  

Ingredients

- ▶ 100 g of broccoli
- ▶ 50 g of potato
- ▶ 5 g of quinoa (well washed)
- ▶ 5 g of lemon zest (untreated lemon)
- ▶ 60 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of Althéra® or Alfamino® powder

Preparation

1. Wash and peel the potatoes and cut into cubes. Cut the broccoli into pieces and wash. Cook the potatoes and broccoli in a saucepan in a small amount of water for 20 minutes.
2. Cook the quinoa (well washed) in a saucepan of boiling water for 15 minutes.
3. Blend the broccoli, oil, lemon zest, 60 ml of water and quinoa. Pass the potatoes through a fine sieve or mash them with a potato masher.
4. Mix all the ingredients together. Stir in the Althéra® or Alfamino® powder. Check the temperature before you feed your baby your home-made puree.



Cauliflower puree



 15 min to prepare | 20 min to cook

Season  

Ingredients

- ▶ 150 g of cauliflower
- ▶ 50 g of potato
- ▶ 1 tsp. of rapeseed oil
- ▶ 2 pi. of cardamom
- ▶ 3 m.s. of Althéra® or Alfamino® powder

Preparation

1. Wash, peel and finely dice the potatoes. Cut the cauliflower into pieces and wash. Cook the cauliflower and potatoes separately in a saucepan for 20 minutes and then puree.
2. Blend the cauliflower with the oil. Pass the potatoes through a fine sieve or mash them with a potato masher. Mix both purees together to form a cauliflower-and-potato puree and add the cardamom. Once cooled, stir in the Althéra® or Alfamino® powder.
3. Check the temperature before you feed your baby your home-made puree.

Mashed potatoes with ham

 20 min to prepare | 25 min to cook

Season  

Ingredients

- ▶ 150 g of potato
- ▶ 10 g of onion
- ▶ 10 g of cooked ham (preferably uncured/nitrite-free)
- ▶ 60 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ ½ tsp. of rapeseed oil
- ▶ 4 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Wash and peel the potatoes, cut into cubes and cook in a saucepan for approximately 20 minutes (check whether they are fully cooked with the tip of a knife). Peel and finely chop the onions.
2. Sauté the onions in a small pan in half a teaspoon of oil. Stir in a little water and allow it to evaporate off. The onion should become translucent.
3. Pass the potatoes through a fine sieve (do not use a blender). Add the mashed potatoes to the finely diced ham, onion and 60 ml water. Stir in the **Althéra®** or **Alfamino®** powder.
4. Check the temperature before you feed your baby your home-made mash.



Chicken fricassee

 20 min to prepare | 25 min to cook

Season  

Ingredients

- ▶ 10 g of chicken breast
- ▶ 5 g of long-grain rice (well washed)
- ▶ 80 g of carrot
- ▶ 20 g of white leek
- ▶ 60 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Cook the rice in a saucepan for 20 minutes and drain. Slice the leek into fine rings and wash, then wash, peel and dice the carrots.
2. Sauté the leek and carrot for 25 minutes. About 5 minutes before the end of the cooking time, add the chicken (check whether they are fully cooked with the tip of a knife).
3. Puree the chicken, leek, carrot, oil and rice with the 60 ml of water until smooth. Allow to cool, and stir in the **Althéra®** or **Alfamino®** powder.
4. Check the temperature before you feed your baby your home-made fricassee.





Couscous-vegetable puree

 20 min to prepare | 20 min to cook

Season    

Ingredients

- ▶ 50 g of carrot
- ▶ 50 g of courgette
- ▶ 10 g of onion
- ▶ 5 g of couscous (well washed)
- ▶ 1 tsp. of rapeseed oil
- ▶ 1 tsp. of sultanas
- ▶ 2 pi. of cumin
- ▶ 3 m.s. of **Althéra®** or **Alfamino®** powder


Preparation

1. Wash, peel and finely dice the carrots and courgettes. Peel and chop the onion. Sauté the carrot and onion in a little water in a saucepan for 20 minutes.
2. After 5 minutes of cooking, add the courgettes and sultanas. When the vegetables are cooked, mix with the oil and cumin. Add the couscous and leave to absorb the liquid for 5 minutes.
3. Stir in the **Althéra®** or **Alfamino®** powder. Check the temperature before you feed your baby your home-made puree.



Star noodles with tomato-and-ham sauce



 15 min to prepare | 15 min to cook

Season    

Ingredients

- ▶ 10 g of star/alphabet noodles
- ▶ 10 g of cooked ham (preferably uncured/nitrite-free)
- ▶ 10 g of onion
- ▶ 100 g of tomato
- ▶ 100 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 3 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Cook the noodles in a saucepan of boiling water for 10 minutes (the noodles must be soft). Wash and peel the tomatoes and cut into small cubes. Peel and chop the onion. Sauté in the oil for approx. 2 minutes in a small saucepan.
2. Add the 100 ml of water and continue to cook until the water has completely evaporated and the onions are very soft. Add the diced tomato and the very finely diced ham and cook together for 2 minutes.
3. Allow the sauce to cool and stir in the **Althéra®** or **Alfamino®** powder. Add the noodles. Check the temperature before you feed your baby your home-made meal.



Vanilla-banana puree

 10 min to prepare | 5 min to cook

Season    

Ingredients

- ▶ 100 g of banana
- ▶ Pulp of one vanilla pod
- ▶ 2 drops of lemon juice
- ▶ 1 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Mash the banana with a fork and cook for 5 minutes in a small saucepan with the lemon juice or heat in the microwave for 2 minutes in a covered bowl with the lemon juice.
2. Blend with the vanilla pulp until smooth. When the puree has cooled to a temperature that it can be eaten, stir in the **Althéra®** or **Alfamino®** powder.
3. Serve the puree to your baby warm or cold.



Peach puree

 10 min to prepare | 2 min to cook

Season 

Ingredients

- ▶ 100 g of peach
- ▶ 1 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Wash and peel the peach and cut into cubes. Cook for 2 minutes in a microwave in a covered bowl or over a very low heat in a small saucepan (check whether it is fully cooked with the tip of a knife).
2. Blend until smooth. When the puree has cooled to a temperature that it can be eaten, stir in the **Althéra®** or **Alfamino®** powder.
3. Serve the puree to your baby warm or cold.



Culinary tip

You can also make this recipe with nectarines.





Cream of pears



 10 min to prepare | 3 min to cook

Season  

Ingredients

- ▶ 100 g of pear
- ▶ 30 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 1 m.s. of Althéra® or Alfamino® powder

Preparation

1. Wash and peel the pear and cut into small cubes. Cook for 3 minutes in a microwave in a covered bowl or over a very low heat in a small saucepan (check whether it is fully cooked with the tip of a knife).
2. Blend with the 30 ml of water until smooth. When the creamed fruit has cooled to a temperature that it can be eaten, stir in the Althéra® or Alfamino® powder.
3. Serve the cream of pears to your baby warm or cold.

Apple puree

 10 min to prepare | 10 min to cook

Season  

Ingredients

- ▶ 100 g of apple
- ▶ 3 m.s. of Althéra® or Alfamino® powder

Preparation

1. Wash and peel the apple and cut into small cubes. Cook for 10 minutes in a little water in a saucepan (check whether it is fully cooked with the tip of a knife).
2. Blend until smooth. When the puree has cooled to a temperature that it can be eaten, stir in the Althéra® or Alfamino® powder.
3. Serve the apple puree to your baby warm or cold.





Strawberry dessert

 5 min to prepare | 0 min to cook

Season  

Ingredients

- ▶ 150 g of strawberries
- ▶ 4 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Wash and blend the strawberries and then pass through a fine sieve.
2. Stir in the **Althéra®** or **Alfamino®** powder. Serve the dessert to your baby.



Apple-raspberry puree

 10 min to prepare | 10 min to cook

Season  

Ingredients

- ▶ 90 g of apple
- ▶ 2 to 3 raspberries
- ▶ 1 m.s. of **Althéra®** or **Alfamino®** powder


Preparation

1. Wash and peel the apple and cut into small cubes. Cook for 10 minutes in a small amount of water in a saucepan. Two minutes before the end of the cooking time, add the raspberries or alternatively cook them in a covered bowl in the microwave for 3 to 4 minutes (check whether they are fully cooked with the tip of a knife).
2. Blend until smooth and then pass the puree through a fine sieve to remove the raspberry seeds.
3. When the puree has cooled to a temperature that it can be eaten, stir in the **Althéra®** or **Alfamino®** powder. Serve the puree to your baby warm or cold.

Culinary tip

You can also substitute the apple with a pear.

Mango-banana smoothie

 10 min to prepare | 0 min to cook

Season    

Ingredients

- ▶ 30 g of banana
- ▶ 100 g of mango
- ▶ 60 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 2 m.s. of **Althéra®** or **Alfamino®** powder

Culinary tip

Add a hint of vanilla pulp.



Preparation

1. Cut the fruit into pieces and blend with the water.
2. Stir in the **Althéra®** or **Alfamino®** powder. Serve the smoothie to your baby.



Summer fruit puree

 10 min to prepare | 3 min to cook

Season  

Ingredients

- ▶ 50 g of nectarines
- ▶ 50 g of apricots
- ▶ 4 raspberries
- ▶ 2 m.s. of **Althéra®** or **Alfamino®** powder

Preparation

1. Pass the raspberries through a fine sieve. Cut the nectarine and apricot into small cubes, place in a saucepan with the raspberry puree and heat very gently for 2 to 3 minutes.
2. Allow to cool down. Stir in the **Althéra®** or **Alfamino®** powder. Serve warm or cold.



Culinary tip

Add a hint of vanilla pulp.



Pineapple-rice dessert



10 min to prepare | 20 min to cook

Season

Ingredients

- ▶ 80 g of fresh pineapple
- ▶ 10 g of round-grain rice (well washed)
- ▶ Pulp of ½ a vanilla pod
- ▶ 90 ml of boiled and cooled tap water or still water suitable for feeding infants
- ▶ 3 m.s. of Althéra® or Alfamino® powder

Culinary tip



You can substitute the pineapple with an apple or pear.

Preparation

1. Cook the rice in a saucepan for 20 minutes. Slice the skin off the pineapple, cut into cubes and cook over a low heat for 5 minutes.
2. Drain the rice. Add the vanilla pulp, pineapple and water and mix together.
3. Stir in the Althéra® or Alfamino® powder. Serve warm or cold.



Worth knowing: ?!

You can continue to give your baby Althéra® and Alfamino® as a complementary food at the age of 1 year or older.



Recipes

AT 1 YEAR AND OLDER



Savoury dishes



Ratatouille with bulgur wheat

 20 min to prepare | 18 min to cook

Season  

Ingredients

- ▶ 80 g of courgette
- ▶ 50 g of aubergine
- ▶ 10 g of onion
- ▶ 30 g of red pepper
- ▶ 1 tomato
- ▶ 5 g bulgur wheat (well washed)
- ▶ 1 tsp. of rapeseed oil
- ▶ 130 ml of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Cook the bulgur wheat in a saucepan of boiling water for 10 minutes and then drain. Wash the vegetables and dice the peppers. Peel and dice the courgette and aubergine. Peel and chop the onion.
2. Sauté the onion and pepper in the oil for 3 minutes. Add 100 ml water, courgette, aubergine and tomato and cook for 5 minutes, stirring until the vegetables are soft.
3. Add 30 ml of water and the bulgur wheat and mix together. Stir in the **Alfamino® Junior** powder. Check the temperature before you feed your child your home-made meal.



Mashed potatoes with mushrooms

 20 min to prepare | 25 min to cook

Season  

Ingredients

- ▶ 100 g of potato
- ▶ 2 button mushrooms
- ▶ 1 pi. of thyme
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Wash and peel the potatoes, cut into cubes and steam for 15 minutes. Clean and chop the button mushrooms and sauté for 10 minutes in another saucepan.
2. Blend the mushrooms with the oil and thyme. Mash the potatoes to a puree with a fork and add. Mix, leave to cool and stir in the **Alfamino® Junior** powder.
3. Check the temperature before you feed your child your home-made meal.



Culinary tip

You can substitute the thyme with parsley and add a touch of garlic.



Cream of asparagus with coconut milk

 20 min to prepare | 15 min to cook

Season 

Ingredients

- ▶ 100 g of fresh green asparagus tips
- ▶ 30 g of potato
- ▶ 1 tbsp. of coconut milk
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Wash and peel the asparagus and cut into chunks. Wash and peel the potatoes and cut into cubes. Cook for 15 minutes in a small amount of water in a saucepan and then puree.
2. Blend with the coconut milk and oil. Once cooled, stir in the **Alfamino® Junior** powder.
3. Check the temperature before you feed your child your home-made meal.



Noodle salad with tomato and basil

 10 min to prepare | 10 min to cook

Season    

Ingredients

- ▶ 10 g of small noodles
- ▶ 1 basil leaf
- ▶ 1 tomato
- ▶ 1 tsp. of rapeseed oil
- ▶ 1 tsp. of honey
- ▶ 1 level tsp. of tomato puree
- ▶ 1 tbsp. of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Cook the noodles for 10 minutes and then drain.
2. Wash, peel and remove the seeds of the tomatoes and cut into cubes.
3. Mix together the water, tomato puree, **Alfamino® Junior** powder, honey and oil. Add the diced tomatoes, pasta and finely chopped basil. Serve the noodle salad to your child.



Creamy gazpacho

 10 min to prepare | 5 min to cook

Season    

Ingredients


- ▶ 2 tomatoes
- ▶ 10 g of red pepper
- ▶ 1 tsp. of rapeseed oil
- ▶ 1 tsp. of honey
- ▶ 2 tbsp. of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Wash the pepper, dice into small cubes and cook in a small saucepan with the 2 tablespoons of water over a very low heat.
2. Peel, wash and remove the seeds of the tomatoes and cut into cubes. Blend with the paprika, oil, pepper and honey. Stir in the **Alfamino® Junior** powder. Check the temperature before you serve the gazpacho to your child.



Winter stew

 20 min to prepare | 20 min to cook

Season  

Ingredients

- ▶ 50 g of carrot
- ▶ 50 g of leek
- ▶ 50 g of potato
- ▶ 10 g of onion
- ▶ 120 ml of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 1 tsp. of rapeseed oil
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Wash and peel the vegetables and cut into small cubes. Cook for 20 minutes in a small amount of water in a saucepan.
2. Blend with the 120 ml water and oil. Once cooled, stir in the **Alfamino® Junior** powder. Check the temperature before you feed your child your home-made stew.

Culinary tip



Add some dried thyme to the stew for your child.



Pork fillet with kale

 10 min to prepare | 23 min to cook

Season  

Ingredients

- ▶ 20 g of pork fillet
- ▶ 150 g of kale (select tender leaves)
- ▶ 80 g of potato
- ▶ 10 g of onion
- ▶ 1 tsp. of rapeseed oil
- ▶ 2 pi. of thyme
- ▶ 2 m.s. of **Alfamino® Junior powder**

Culinary tip



Add a small piece of apple to enhance the sweet and savoury flavours. Adjust the quantity of vegetables to reflect how hungry your child is.



Preparation

1. Peel and dice the onion. Wash the kale, cut into very small pieces and cook for 3 minutes. Wash and peel the potatoes and cut into cubes. Sauté the onion, kale and diced potato separately for 20 minutes each. Cut the pork fillet into small pieces and also cook separately for about 5 minutes (check whether it is fully cooked with the tip of a knife).
2. Mix the kale, onions, thyme and pork fillet together. Mash the potatoes with a fork and add together with the oil. Once cooled, stir in the **Alfamino® Junior powder**. Check the temperature before you serve the meal to your child.



Chicken tagine with vegetables

 20 min to prepare | 25 min to cook

Season    

Ingredients

- ▶ 80 g of carrot
- ▶ 50 g of courgette
- ▶ 10 g of onion
- ▶ 20 g of chicken
- ▶ 20 g of red pepper
- ▶ 1 level tsp. of tomato puree
- ▶ 1 tsp. of rapeseed oil
- ▶ 2 pi. of cinnamon
- ▶ A little garlic
- ▶ 3 m.s. of **Alfamino® Junior powder**

Preparation

1. Wash the vegetables, peel the carrots and courgettes and dice into small cubes. Peel and dice the onion. Cook the carrot, onion and pepper in a saucepan with a small quantity of water for 25 minutes.
2. Add the courgette after 5 minutes of cooking and add the chicken about 5 minutes before the end of the cooking (check whether fully cooked).
3. When the vegetables are fully cooked, blend $\frac{1}{3}$ of them with the cinnamon, chicken, tomato puree and oil. Add the remaining vegetables. Once cooled, stir in the **Alfamino® Junior powder**.
4. Check the temperature before you serve the tagine to your child.

Culinary tip



Substitute cumin for the cinnamon.





Stewed turkey

 20 min to prepare | 22 min to cook

Season    

Ingredients

- ▶ 20 g of cooked turkey
- ▶ 1 tomato
- ▶ 130 g of courgette
- ▶ 10 g of onion
- ▶ 50 g of red pepper
- ▶ 5 g of fine semolina
- ▶ 1 tsp. of olive oil
- ▶ ½ tsp. of honey
- ▶ 2 pi. of thyme
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Peel and chop the onion. Wash, peel and dice the tomato and courgette. Similarly, wash and dice the pepper.
2. Place all the ingredients in a small saucepan with the oil, cover and sauté over a low heat for 20 minutes. Add a little water during cooking if needed.
3. Add the turkey, semolina, honey and thyme and cook for a further 2 minutes.
4. Once cooled, stir in the **Alfamino® Junior** powder. Check the temperature before you feed your child.

Culinary tip



You can substitute the thyme with basil. Adjust the quantity of vegetables to reflect how hungry your child is.

Courgette gratin with rosemary and ham

 20 min to prepare | 20 min to cook

Season    

Ingredients

- ▶ 150 g of courgette
- ▶ 20 g of cooked ham (preferably uncured/nitrite-free)
- ▶ 1 tsp. of rapeseed oil
- ▶ 1 pi. of rosemary
- ▶ 1 tsp. of cornflour
- ▶ 120 ml of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Chop up the ham. Wash the courgette and cut into thin slices. Cook the courgette for 10 minutes in a small amount of water in a saucepan. Layer the courgettes and ham alternately in an oven-proof dish.
2. To make the béchamel sauce, place the 120 ml water, starch, finely chopped rosemary and oil in a small pan and thicken together. Once cooled, stir in the **Alfamino® Junior** powder. Pour over the gratin and place in the preheated oven (180 °C with upper and lower heating) for approx. 2 minutes.
3. Check the temperature before you feed your child.

Culinary tip




You can also make the béchamel sauce with coconut milk.





Lentil puree with carrot and quinoa

 20 min
to prepare | 15 min
to cook

Season  

Ingredients

- ▶ 50 g of carrot
- ▶ 50 g of red lentils (well washed)
- ▶ 20 g of onion
- ▶ 5 g of quinoa (well washed)
- ▶ 3 fresh parsley leaves
- ▶ 1 tsp. of rapeseed oil
- ▶ 90 ml of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 1 m.s. of **Alfamino® Junior** powder

Preparation

1. Wash and peel the carrots and cut into cubes. Peel and chop the onion. Cook the lentils, diced carrot, quinoa and onion in a saucepan of water for 15 minutes.
2. Drain and blend with the 90 ml water, oil and chopped parsley. Once cooled, stir in the **Alfamino® Junior** powder.
3. Check the temperature before you feed your child.

Ham patty with carrot sticks

 15 min
to prepare | 17 min
to cook

Season    

Ingredients

- ▶ 20 g of cooked ham (preferably uncured/nitrite-free)
- ▶ 120 g of carrot
- ▶ 1 tsp. of rapeseed oil
- ▶ 2 tbsp. of coconut milk
- ▶ 1 tsp. of cornflour
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Mince the ham and shape into a small patty.
2. Wash and peel the carrots and cut into thin sticks. Cook over a low heat in a pan with the oil for 15 minutes (check whether the food is fully cooked with the tip of a knife).
3. Blend the coconut milk and cornflour in a small saucepan and allow the sauce to thicken for 2 minutes. Once cooled, stir in the **Alfamino® Junior** powder.
4. Arrange all the food on a plate. Check the temperature before you serve your child the dish. Let your child pick up the sticks with his or her fingers.

Culinary tip



Instead of carrots, you can also make the sticks from sweet potatoes. Add a little curry powder to the sauce to introduce your baby to new flavours.



Cream of banana and cocoa

5 min to prepare | 0 min to cook

Season

Ingredients

- ▶ 1 ripe banana
- ▶ 30 ml of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 1 tsp. of rapeseed oil
- ▶ 1 tsp. of unsweetened cocoa powder
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Peel the banana, mash with a fork and blend with the 30 ml of water, rapeseed oil and cocoa.
2. Stir in the **Alfamino® Junior** powder. Give your home-made creamed food to your child to enjoy.

Culinary tip

You can also add a little apple or pear to the banana to vary the flavour.

Set vanilla custard

70 min to prepare | 1 min to cook

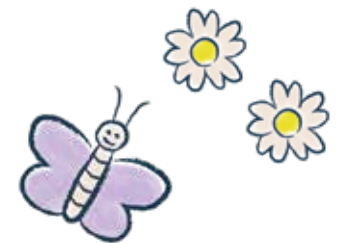
Season

Ingredients

- ▶ Pulp of ½ a vanilla pod
- ▶ 0.5 g of agar agar
- ▶ 10 g of icing sugar
- ▶ 1 egg yolk (very fresh)
- ▶ 1 level tsp. of starch
- ▶ 1 tsp. of rapeseed oil
- ▶ 120 ml of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 1 m.s. of **Alfamino® Junior** powder


Preparation

1. Place the water, sugar, vanilla pulp, oil and agar agar in a small saucepan and bring to the boil for 1 minute.
2. Add the egg yolk and whisk vigorously. Leave to cool and stir in the **Alfamino® Junior** powder. Pour into 2 moulds and place in the fridge for at least 1 hour.
3. Turn out the custard and serve to your child.



Apple tartlets



 20 min
to prepare | 13 min
to cook

Season  

Ingredients

- ▶ 1 apple
- ▶ 1 egg
- ▶ 10 g of icing sugar
- ▶ 15 g of flour
- ▶ Pulp of $\frac{1}{4}$ of a vanilla pod
- ▶ 30 ml of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 4 m.s. of **Alfamino® Junior** powder

Preparation

1. Wash and peel the apple and cut into slices. Place in a bowl and add water. Cook in the microwave for 3 minutes. Leave to cool.
2. Grease 2 tartlet moulds with oil. Beat the whole egg with the sugar until it turns white. Then add the flour.
3. Preheat the oven to 180 °C. Distribute the apples between the 2 moulds, pour the batter over them and bake the tartlets in the oven for 10 minutes.
4. Dissolve the **Alfamino® Junior** powder in the water used to cook the apples and add the vanilla pulp.
5. Soak the tartlets in this mixture. Remove the tartlets from the moulds and pour over the remaining vanilla mixture. Serve your child the cooled apple tartlets.



Floating islands

 80 min
to prepare | 4 min
to cook

Season    

Ingredients

- ▶ 1 egg (very fresh)
- ▶ 15 g of sugar
- ▶ 10 g of corn starch
- ▶ Pulp of $\frac{1}{4}$ of a vanilla pod
- ▶ 120 ml of boiled and cooled tap water or still water suitable for feeding toddlers
- ▶ 3 m.s. of **Alfamino® Junior** powder

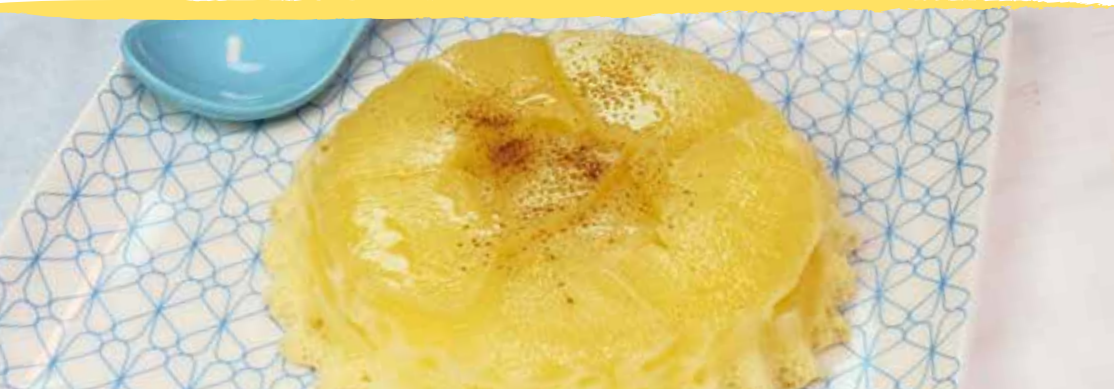
Preparation

1. Separate the egg white from the egg yolk. Whisk the egg yolk with 10 g sugar, and stir in the starch, vanilla pulp and water. Thicken in a small saucepan over a medium heat for 2 to 3 minutes. Once cooled, stir in the **Alfamino® Junior** powder. Leave to cool for a further hour in the fridge.
2. Beat the egg whites with the remaining 5 g of sugar until stiff. Heat some water in a saucepan and, using a tablespoon, place separate spoonfuls of the beaten egg whites on the surface. Cook for 20–30 seconds on each side and remove with a slotted spoon. Serve your child the floating island on top of the custard.

Culinary tip



Substitute the vanilla with cocoa.



Tiramisu-style dessert with red fruits

 20 min
to prepare | 5 min
to cook

Season  

Ingredients

- ▶ 10 g of starch
- ▶ 2 sponge fingers
- ▶ 1 egg (very fresh)
- ▶ 80 g of coconut milk
- ▶ 50 g of raspberries
- ▶ 50 g of strawberries
- ▶ 10 g of sugar
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Stir the starch into the coconut milk until smooth. Add the sugar and bring to the boil in a saucepan until the liquid thickens.
2. Remove from the heat. Add the egg yolk and whisk vigorously. Leave to cool and stir in the **Alfamino® Junior** powder. Whisk the egg whites while gently heating and add carefully.
3. Wash the fruit and mash with a fork.
4. Layer the fruit puree, the coconut milk cream and the sponge fingers. Place in the fridge until you are ready to serve.

Culinary tip



Vary the fruit depending on the season.
Try exotic fruits in winter.



Steamed fruit salad

 10 min
to prepare | 3 min
to cook

Season  

Ingredients

- ▶ ½ of a pear
- ▶ ¼ of an apple
- ▶ ¼ of a banana
- ▶ 1 tsp. of orange zest (untreated orange)
- ▶ 3 m.s. of **Alfamino® Junior** powder

Preparation

1. Wash, peel and finely dice the fruit. Place in a bowl and microwave for 3 minutes or cook in a small saucepan over a very low heat.
2. Once cooled, stir in the orange zest and **Alfamino® Junior** powder. Serve the salad warm or cold to your child.

Culinary tip




Substitute the orange zest with two pinches of cinnamon.



You can find more information about cow's milk allergy on our website at www.kuhmilchallenge.info



Our specialist team will be happy to answer any questions you may have on the subject of cow's milk allergy.

 Information line (free of charge): +49 (0)800 664 7237
(Mon. – Thu. 9:00 a.m. – 5:00 p.m./Fri. 9:00 a.m. – 3:00 p.m.)

 E-mail: info@pediatric-healthcare.de

Important information: Mothers should be encouraged to breastfeed, even if their babies are allergic to cow's milk. In such cases, mothers should seek qualified nutritional advice to eliminate any source of cow's milk protein in their diet. If you decide to feed your baby a special formula food, follow the instructions for use on the label. Ensure that you use pre-boiled water, sterilise bottles, dilute the product correctly, store properly and serve your child in the correct way, as a failure to do may cause him or her to become ill. Use as directed by your doctor.

Althéra®, Alfamino® and Alfamino® Junior are foodstuffs that have been formulated for special medical purposes (balanced diets). They are recommended for dietary management in children with a cow's milk allergy. Althéra® and Alfamino® as the sole source of nutrition are suitable for infants from birth, while Alfamino® Junior as the sole source of nutrition is suitable for children at 1 year or older. Contraindications: Althéra®, Alfamino® and Alfamino® Junior are not suitable for children with galactosaemia or glucose-galactose malabsorption.

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