



the Kids' Book

of Yummy Things
to Eat and Drink!



20 recipes made with the goodness of AptaNutrition.
For toddlers to ten year-olds.

New to AptaGrow?

We'll make this quick!

AptaGrow is a 1 serve a day, nutrient-dense drink range for 1 to 10-year-olds.

It provides parents with peace of mind knowing their fussy eater is getting $\frac{1}{3}$ of their RDI of key nutrients for growth and development.¹

AptaGrow is age-adapted, meaning there is a product and a serving size specifically for your child's age rather than a one-size-fits-all approach!

Did you know?

After using AptaGrow, fussy eaters were **twice as willing** to explore new foods.²

Which AptaGrow is best for my child?

AptaGrow 1+
for children
1-3 years old



AptaGrow 3+
for children
3-6 years old



AptaGrow 6+
for children
6-10 years old



More cool things about AptaGrow

NO ADDED SUGAR - What every parent or carer wants to read on food labels.

UNFLAVOURED - So you can easily add it to water, breakfast, lunch, dinner and snacks.

NO ARTIFICIAL COLOURS, FLAVOURS OR PRESERVATIVES - Say NO more.

All parents want to see their child develop **healthy eating habits**

But what if your child is fussy about what they eat?

It may simply be a stage they're going through, but even so, worrying about whether they're getting enough nutrients can be stressful for you and your family.

AptaGrow provides added nutrition whilst encouraging children to eat a variety of foods so they develop a positive relationship with food.

Easier said than done - right?

We understand the challenges. So, we'd like to help with some solid inspiration and a book of great recipes fortified with our aged-adapted nutritional supplement.

All 3 AptaGrow varieties can be used in our recipes - simply choose the one that's right for your child.

More help for fussy eaters

By teaming up with a healthcare professional like a GP or dietitian, the whole family can learn how to take a holistic approach to managing fussy eating.

1. Survey commissioned by Nutricia, 2022 - data on file. Recommended Daily Intake (RDI) of iron, zinc and vitamin D, for fussy eaters.

2. After 4 weeks of using AptaGrow vs control. Survey commissioned by Nutricia, 2022 - data on file.

Note: When AptaGrow is cooked there may be a minor loss of nutrients compared to the values on the tin.

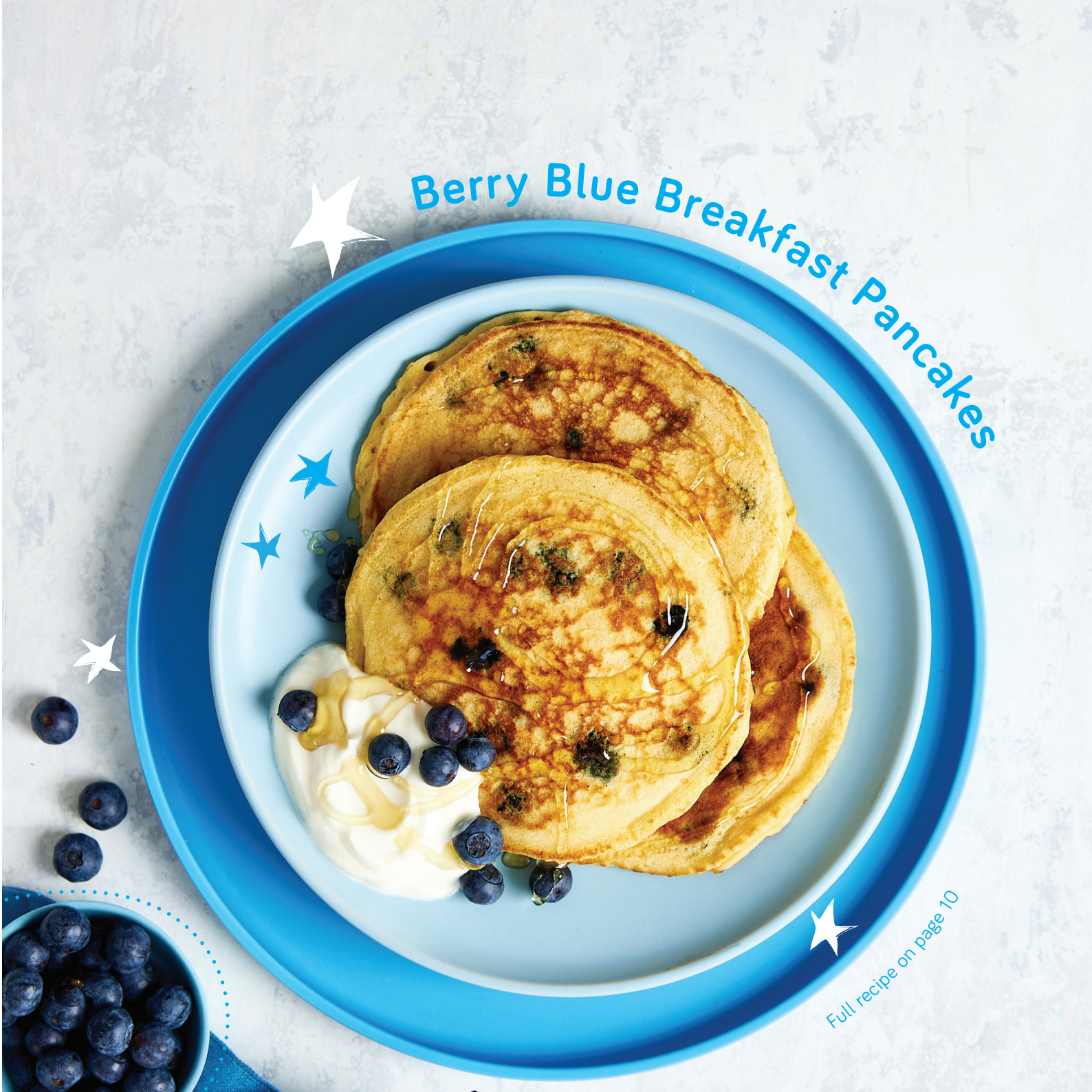
AptaGrow is a Food for Special Medical Purposes. Must be used under medical supervision. Not suitable as a sole source of nutrition, designed to be consumed in conjunction with a healthy varied diet.

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A tip for fussy eaters...Routine is your friend!

- ✓ Create a daily routine of **2-3 nutritious snacks** and **3 small meals**
- ✓ Eat altogether in **one place** for meals such as the dining table
- ✓ **Limit eating time** to 10 minutes for snacks and 20 minutes for main meals¹



HAPPY SMASHY AVO TOAST

PREP TIME
5 MINS

COOK TIME
NIL

SERVES
2

INGREDIENTS

1 avocado, skin and seed removed

2 tbsp freshly squeezed lemon juice

6 scoops AptaGrow

½ tsp cumin (optional)

½ tsp paprika (optional)

Tomatoes, boiled egg and alfalfa sprouts, to serve

INSTRUCTIONS

- ① In a large bowl add avocado, lemon juice, AptaGrow powder, cumin and paprika and mash with a fork.
- ② Serve mashed avocado on toast with toppings like tomatoes, egg and alfalfa sprouts to make a happy face!

TIP

You can add the avocado mash to their school lunchbox, in sandwiches or as a dip with crackers, fresh carrot and cucumber sticks.



CHEEKY CHOC PUFFS

PREP TIME
5 MINS

COOK TIME
5 MINS

SERVES
4

INGREDIENTS

2 cups puffed quinoa

1 tbsp cocoa

1 tbsp maple syrup

1 tbsp coconut oil, melted

6 scoops AptaGrow

Fruit, to serve

INSTRUCTIONS

- ① Preheat the oven to 130°C and line a baking tray with baking paper.
- ② Mix puffed quinoa, cocoa, maple syrup and coconut oil, together in a bowl.
- ③ Place the quinoa mixture onto the lined baking tray. Bake for 3–5 minutes.
- ④ Meanwhile, prepare one serve of your child's AptaGrow.
- ⑤ Pour the AptaGrow over the Cheeky Choc Puffs and top with your child's favourite fruit.



TIP

Store leftover cocoa puffs in a well-sealed container for up to 2 weeks.

EGGSCELLENT FRENCH TOAST

PREP TIME
5 MINS

COOK TIME
8 MINS

SERVES
2

INGREDIENTS

2 eggs, lightly whisked

¼ cup water

12 scoops AptaNrow*

*Equivalent to 52g of 1+ product, 54g of 3+ product, 60g of 6+ product.

¼ tsp cinnamon

½ tsp vanilla extract or vanilla essence

2 tbsp butter

4 slices of wholemeal or fibre-enriched bread

Your child's favourite toppings (e.g. honey, fruit, yoghurt)

INSTRUCTIONS

- ① In a large bowl, whisk together eggs, water, AptaNrow powder, cinnamon and vanilla.
- ② Melt butter in a frypan over medium heat. Soak bread individually into the egg mix and fry bread for 2 minutes on each side, or until golden brown.
- ③ Serve warm, with your child's favourite toppings.



CHEERY CHIA CUPS

PREP TIME
10 MINS

COOK TIME
4 HRS
refrigeration

SERVES
2-4

INGREDIENTS

¼ cup chia seeds

1 cup water

6 scoops AptaNrow

1 tbsp cocoa

1 tbsp maple syrup

½ tsp vanilla extract or vanilla essence

INSTRUCTIONS

- ① In a large bowl, whisk all ingredients.
- ② Allow to sit for 10 minutes. Stir and place into a serving bowl, cover and refrigerate for 4 hours or overnight.
- ③ Serve on its own or top with fresh raspberries.



BERRY BLUE BREAKFAST PANCAKES

PREP TIME
5 MINS

COOK TIME
5 MINS

SERVES
1

INGREDIENTS

6 scoops AptaNrow

¼ cup self-raising flour

¼ tsp baking powder

1 egg, lightly whisked

2 tbsp water

1 tsp maple syrup

¼ cup blueberries

Yoghurt, maple syrup and extra blueberries, to serve

INSTRUCTIONS

- ① In a bowl mix together AptaNrow powder, flour and baking powder.
- ② In a jug mix egg, water and maple syrup. Pour into flour mixture and whisk, until smooth. Gently fold in the blueberries.
- ③ In a frying pan over medium heat pour ¼ cup of batter, cook for 3 minutes or until bubbles appear and flip to cook the other side for about 2 minutes or until cooked. Repeat.
- ④ Serve pancakes warm with yoghurt and fresh blueberries and optional maple syrup.

TIP

Mix it up and serve with your child's favourite fruit! Why not make a silly fruit face on the pancake or cut it into a fun shape using a cookie cutter?



SUPER SMOOTHIE BOWL



INGREDIENTS

1 cup frozen mixed berries

$\frac{1}{4}$ cup water

6 scoops AptaGrow

Fresh fruit, to serve

INSTRUCTIONS

- ① Place frozen berries, water and AptaGrow, in a blender and blitz until thick and smooth.
- ② Place in a bowl and garnish with fresh fruit or your child's favourite toppings.

TIPS

Instead of extra fruit as a garnish, you could try adding dried fruit, shredded coconut, nuts, seeds or even a high-fibre breakfast cereal for some crunch.

For a bit of variety, replace the frozen mixed berries with other fruits, like banana or mango.



SLEEPOVER OATS



INGREDIENTS

6 scoops AptaGrow

$\frac{1}{3}$ cup water

1 tsp cinnamon

$\frac{1}{3}$ cup oats

1 tbsp honey (optional)

Garnishes like yoghurt, fruit, nuts & seeds, cinnamon, or peanut butter

INSTRUCTIONS

- ① In a 160-200ml lidded jar place AptaGrow powder, water and cinnamon. Secure lid and shake until blended.
- ② Add oats, replace lid to secure, shake and refrigerate so they can sleep overnight.
- ③ Serve in the jar, with desired garnishes and an optional drizzle of honey.

TIP

To save time in the mornings, double or triple the recipe and store it in the fridge for a ready-made breakfast during the week.



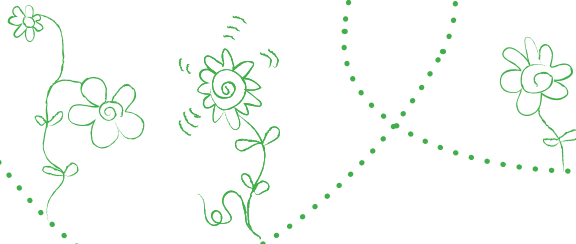
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Did you know?

It may take up to **15 attempts**
before a food is even tried by a child.

While you may feel like you're fighting a losing battle
when your child rejects a food, consistently presenting
this food to your child is building familiarity
– and they might just try it next time!²



Crunchy Munchies with Mash
full recipe on page 24



FIESTA FRITTATAS

PREP TIME
10 MINS

COOK TIME
20 MINS

SERVES
3-6

INGREDIENTS

- ½ tbsp olive oil
- 100g bacon, finely diced (optional)
- ½ red capsicum, finely chopped
- ½ zucchini, grated
- ¼ cup frozen corn
- 3 eggs, lightly whisked
- ¼ cup water
- 18 scoops Aptagrow***
- *Equivalent to 77g of 1+ product, 81g of 3+ product, 90g of 6+ product.
- ½ tsp paprika
- ½ cup cheddar cheese, grated
- 6 cherry tomatoes, cut in half

INSTRUCTIONS

- ① Preheat the oven to 180°C. Place 6 muffin cases in a muffin tray.
- ② Preheat the oil in a frying pan over medium heat and brown bacon. Add capsicum and cook until soft, add zucchini and cook for a further minute. Add corn and remove from heat.
- ③ In a large jug, whisk together eggs, water, Aptagrow powder, paprika and cheese, then add the vegetable mixture and stir.
- ④ Divide the mixture into the muffin cases, topping each with two half tomatoes.
- ⑤ Bake for 20 – 25 minutes.

TIPS

Can be refrigerated for 3 days or stored in the freezer for up to 3 months.

These versatile frittatas can be enjoyed at any mealtime at home or even out at picnics or parties!

EASY PEAS MAC N' CHEESE

PREP TIME
2 MINS

COOK TIME
10 MINS

SERVES
2

INGREDIENTS

100g macaroni

130g cauliflower, coarsely chopped

$\frac{3}{4}$ cup frozen peas, corn and capsicum

12 scoops AptaGrow*

*Equivalent to 52g of 1+ product, 54g of 3+ product, 60g of 6+ product.

$\frac{1}{2}$ cup lukewarm water

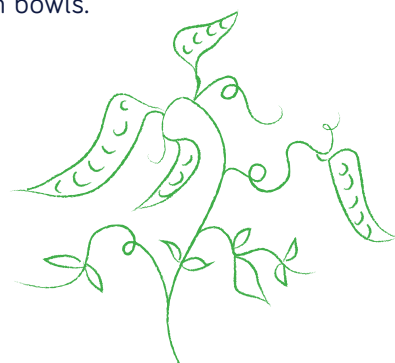
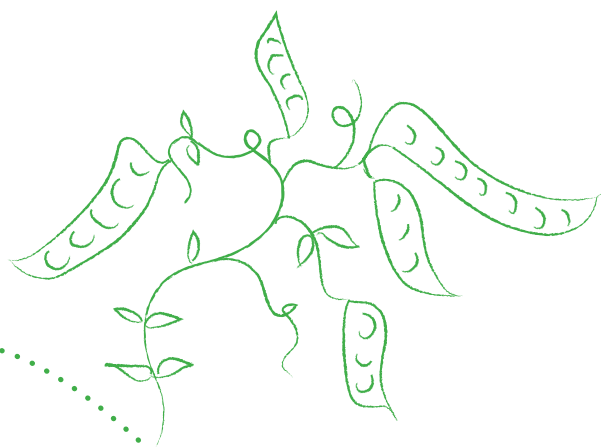
1 tbsp butter

1 tbsp plain flour

1 cup cheddar cheese, grated

INSTRUCTIONS

- ① Follow macaroni steps on packet and cook pasta, with cauliflower, peas, corn and capsicum, until macaroni is al dente.
- ② Meanwhile mix AptaGrow powder and water, until blended.
- ③ Melt butter in a saucepan, over low heat, add flour and whisk, until smooth, remove from heat and add AptaGrow mixture slowly, whisking. Return to heat and whisk until thickened. Remove from heat and stir through cheese.
- ④ Drain, pasta and vegetables and add to cheese white sauce.
- ⑤ Serve in bowls.





TUNA FISH PASTA DISH

PREP TIME
2 MINS

COOK TIME
10 MINS

SERVES
2

INGREDIENTS

100g penne pasta

120g mixed frozen vegetables, cooked

6 scoops AptaGrow

100ml lukewarm water

1 tbsp butter

1 tbsp plain flour

½ cup cheddar cheese, grated

95g tin tuna, drained

INSTRUCTIONS

- ① Follow packet instructions and cook pasta.
- ② Follow the packet instructions and cook the frozen vegetables.
- ③ In a jug mix AptaGrow powder and water until smooth and set aside.
- ④ To make the cheese sauce: over low heat in a small saucepan melt butter, add flour and stir until smooth, slowly add the AptaGrow mixture, whisking until smooth, remove from heat and add half the cheese.
- ⑤ Add pasta, tuna and vegetables into the sauce, mix and add to a 300 ml ovenproof dish. Top with remaining cheese and grill until golden brown and serve.

MEAT PIE MASH UP

PREP TIME
5 MINS

COOK TIME
40 MINS

SERVES
6

INGREDIENTS

- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 1 carrot, peeled and finely chopped
- 1 stick celery, finely chopped
- 500g beef mince
- 1 zucchini, grated
- 2 tbsp plain flour
- 2 cups beef stock
- 1 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1 bay leaf
- 1 cup frozen peas
- 1 cup frozen corn

Mash

- 1 kg potatoes, peeled and roughly chopped

36 scoops AptaNrow*

*Equivalent to 155g of 1+ product, 162g of 3+ product, 180g of 6+ product.

- ½ - ¾ cup lukewarm water

- ½ cup cheddar cheese, grated

INSTRUCTIONS

- ① Heat oil in a large saucepan over medium-high heat. Add onion, carrot and celery and cook, stirring, for 5 minutes or until soft.
- ② Add mince and cook, stirring for 5 minutes.
- ③ Add zucchini, flour, stock, tomato paste, Worcestershire sauce and a bay leaf. Bring to the boil and reduce to a simmer, stirring occasionally for about 15 minutes. Add peas and corn and cook for a further 5 minutes.

To create the mash:

- ④ In a large saucepan, fill ¾ of the way with water. Add potatoes, and cook on medium-high heat until boiling. Reduce heat to medium and cook for a further 10 minutes until potatoes are soft. Meanwhile, in a jug whisk together AptaNrow powder with lukewarm water and set aside.
- ⑤ Drain cooked potatoes and mash. Add the AptaNrow mixture, and more water if required to achieve desired consistency.
- ⑥ Place beef mixture into a 2L ovenproof dish or six, individual 1–2 cup ovenproof dishes. Top with mashed potato, then top with cheese and place under the grill for 5 minutes or until golden brown.

TIP

Instead of plain mashed potato, you can top the pie with Mmmmagic Mash. Find the recipe on the next page.



MMMMAGIC MASH

PREP TIME
5 MINS

COOK TIME
15 MINS

SERVES
1

INGREDIENTS

350g potatoes, peeled and roughly chopped

6 scoops Aptagrow

1–2 tbsp lukewarm water

INSTRUCTIONS

- ① In a large saucepan, fill $\frac{3}{4}$ of the way with water. Add potatoes, and cook on medium to high heat until boiling. Reduce heat to medium and cook for a further 10 minutes until potatoes are soft.
- ② Meanwhile, in a jug whisk together Aptagrow powder with lukewarm water and set aside.
- ③ Drain cooked potatoes and mash. Add the Aptagrow mixture and more water if required to achieve desired consistency.
- ④ Serve with all your favourite meals.

TIPS

You can easily mash other vegetables, like sweet potato or peas (as pictured). Substitute the potato for the same amount of sweet potato, or 1 cup of frozen peas (defrosted and heated up in the microwave).

Store leftovers in the fridge for 3 days or in the freezer for up to 3 months.



CRUNCHY MUNCHIES & SECRET SAUCE

PREP TIME
10 MINS

COOK TIME
25 MINS

SERVES
2
(16 nuggets)

INGREDIENTS

12 scoops Aptagrow*

*Equivalent to 52g of 1+ product, 54g of 3+ product, 60g of 6+ product.

1 tbsp plain flour

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp onion powder

$\frac{1}{2}$ tsp paprika

1 large egg, lightly whisked

$\frac{3}{4}$ cup breadcrumbs

300g chicken thigh, cut into bite-size pieces

Serve with your child's favourite sauce or mayonnaise, mixed with 6 scoops Aptagrow

INSTRUCTIONS

- ① Place 6 scoops of Aptagrow powder, flour, garlic powder, onion powder and paprika in a zip lock bag. Secure and shake to mix.
- ② In a small bowl, whisk the egg.
- ③ Place breadcrumbs in another zip lock bag or a bowl.
- ④ Place chicken pieces into the zip lock bag with flour mixture and evenly coat the chicken.

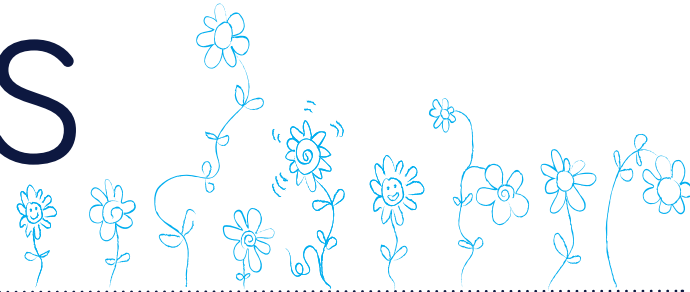
TIP

Instead of frying, you can cook in an oven at 180°C or an air fryer for about 20 minutes.

- ⑤ Shake off excess flour and coat in the egg, then in the breadcrumbs.
- ⑥ In a frypan over medium heat, preheat oil. Cook chicken nuggets for about 5 minutes until golden brown, turn over and cook for a further 5 minutes or until chicken is cooked.
- ⑦ Serve with your child's favourite sauce mixed with 6 scoops of Aptagrow powder and now it's ★ *Secret Sauce*. ★



SNACKS



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A tip for fussy eaters

Fussy eaters may have a tendency to fill up on cow's milk.

As a result, they may have no appetite when it comes to mealtimes.

To help avoid this, encourage children to drink water for hydration – leaving them hungry and interested in the next meal or nutritious snack!¹



GO BANANAS CHOC SHAKE

PREP TIME
2 MINS

COOK TIME
NIL

SERVES
1

INGREDIENTS

100ml chilled water

1 frozen banana, chopped

6 scoops Aptamix

1 tbsp cocoa

INSTRUCTIONS

- ① Place all ingredients in a blender and blend until smooth. Adjust the amount of water you add to reach your desired consistency.



WONDERFUL WATERMELON ICICLES

PREP TIME
2 MINS

COOK TIME
FREEZE FOR
5 HRS

SERVES
1

INGREDIENTS

65-70g watermelon, skin removed and chopped

6 scoops Aptamix

INSTRUCTIONS

- ① Place watermelon into a blender and blend until smooth.
- ② Add Aptamix powder and blend.
- ③ Pour mixture into a 100 ml ice block mould or glass and freeze for 5 hours or overnight.

Note: If using wooden sticks, freeze for 2 hours and then place sticks into the ice block and freeze for a further 2 + hours.

TIP

You can try this recipe with other fruit, instead of (or in addition to) watermelon.



MAGIC WANDS IN DREAMY DIP

PREP TIME
5 MINS

COOK TIME
1 HR
refrigerate

SERVES
1

INGREDIENTS

300g pineapple, skin removed and cut into 2cm slices

1 punnet blueberries

100g Greek yoghurt

1 tbsp honey

6 scoops Aptagrow

INSTRUCTIONS

- ① Using your favourite cookie cutter or a sharp knife, cut out three pineapple stars. Place blueberries and pineapple onto three bamboo skewers to make the magic wands.
- ② In a bowl add yoghurt, honey, Aptagrow powder and mix.
- ③ Serve honey yoghurt with fruit wands.

TIP

Encourage your child's creativity! Give them a range of brightly coloured fruit so they can design their own Magic Wands.

CARROT CAKE BLISS BITES

PREP TIME
10 MINS

COOK TIME
40 MINS
refrigerate

SERVES
5 (makes 10
bliss bites)

INGREDIENTS

1 cup oats

1 cup (30 scoops) Aptagrow

1 tsp cinnamon

1 cup carrot, peeled and grated

6 fresh dates, pitted and torn

1 tbsp orange juice

½ cup desiccated or shredded coconut (optional)

INSTRUCTIONS

- ① Place all ingredients, except the desiccated coconut, into a food processor and blend until smooth.
- ② Divide mixture into 10 even portions and roll into balls.
- ③ Roll balls in coconut (optional), and then refrigerate for 1 hour.

TIPS

Store in the fridge for 1 week or in the freezer for up to 2 months.

These bliss bites do not contain nuts and are therefore a great option for school lunchboxes.





SILKY SMOOTH MANGO LASSI

PREP TIME
2 MINS

COOK TIME
NIL

SERVES
1

INGREDIENTS

½ cup water

6 scoops AptaGrow

150g frozen mango

2 tbsp Greek yoghurt

INSTRUCTIONS

- ① Place all ingredients in a blender and blitz until smooth.
- ② Serve in a chilled glass.

TIPS

You can use any of your favourite fruits instead of mango (e.g. frozen berries or banana).

Pour into ice block moulds and freeze into yummy ice blocks!

COCONUTTY SNACK BARS

PREP TIME
5 MINS

COOK TIME
1 HR
refrigerate

SERVES
12

INGREDIENTS

½ cup oats

8 fresh dates, pitted and torn

1 cup (30 scoops) AptaGrow

¼ cup shredded coconut

¼ cup mixed dried seeds

¼ cup mixed dried fruit

2 tsp vanilla extract or vanilla essence

⅓ cup coconut oil, melted

2 tbsp maple syrup

½ cup tahini, or a nut butter

INSTRUCTIONS

- ① Line a 21 x 10 cm loaf tin with baking paper.
- ② In a food processor, add all ingredients and pulse until combined.
- ③ Place the mixture evenly into the lined baking dish and flatten, cover with plastic wrap and refrigerate overnight.
- ④ Slice into 12 pieces and store in an airtight container in the refrigerator.



ICED & SPICED APPLE MUFFINS

PREP TIME
5 MINS

COOK TIME
20-25 MINS

SERVES
6

INGREDIENTS

2 cups self-raising flour

1 cup (30 scoops) AptaGrow

1 tsp baking powder

2 tsp cinnamon

¼ cup brown sugar (optional)

2 eggs, lightly whisked

¾ cup water

1 tsp vanilla extract or vanilla essence

1 cup, peeled and grated apples

Icing:

6 scoops AptaGrow

1-2 tbsp water

1 tsp cinnamon

TIP

For extra sweetness, top off each muffin with a sprinkle of sugar and cinnamon before it goes into the oven.

INSTRUCTIONS

- ① Preheat oven to 180°C. Place 6 muffin cases in a muffin tray.
 - ② In a bowl place flour, AptaGrow powder, baking powder, cinnamon and sugar (optional) and mix.
 - ③ Add eggs, water and vanilla, mixing until combined, then add apple and mix through.
 - ④ Divide the mixture into each case and bake for 20-25 mins.
- Icing:**
- ⑤ Mix the AptaGrow powder and water until it reaches the desired consistency.
 - ⑥ When muffins are cooled, top with icing and sprinkle with cinnamon.

Want to know more about Aptagrow?

Visit our website for product information,
additional recipes, articles and more.

nutricia.com.au/aptamil/aptagrow/

Any questions or like to chat?

Get in touch with our caring team of clinical nutritionists
and dietitians at **Nutricia Careline**.

Monday to Friday: 7:30am – 5:00pm AEST
on **1800 438 500** nutriciacareline@danone.com
or LiveChat through the Aptagrow website.

Where can you buy Aptagrow?

Purchase from the Aptagrow range at:
Chemist Warehouse, select independent
pharmacies and our online **Nutricia Store**
www.nutriciastore.com.au



Aptagrow is a Food for Special Medical Purposes. Must be used under medical supervision. Not suitable as a sole source of nutrition, designed to be consumed in conjunction with a healthy varied diet.

Please be advised that the information in this publication is not intended to replace professional advice. You should not use this information to diagnose a health or medical condition or problem or alter, commence, or delay any medical treatment.

References:

1. Taylor CM, et al. Picky/fussy eating in children: Review of definitions, assessment, prevalence and dietary intakes. *Appetite*. 2015;95:349–59.
2. Dovey TM, et al. Food neophobia and 'picky/fussy' eating in children: A review. *Appetite*. 2008;50(2–3):181–93.

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