

Similac[®] Arize[™]

Recipe Book

YUMMY WEANING
RECIPES FOR
COMFORTABLE LITTLE
TUMMIES



PLANT-
BASED



IMPORTANT NOTICE: Breastfeeding is best for babies, and is recommended for as long as possible during infancy. Arize is a Food for Special Medical Purposes and should be used under the supervision of a healthcare professional.

It is important to always follow the advice provided by your baby's healthcare professional.



Abbott



Introduction



This recipe book is written for parents and carers of babies who have cow's milk protein allergy (CMPA) or another condition where an extensively hydrolysed formula is indicated, and have been prescribed Arize by their healthcare professional.

The first year of life is an important milestone for rapid growth and development for every baby, and nutrition plays a pivotal role in this.

Having an allergy to specific food(s) shouldn't interfere with your baby getting the nutrition they need, so we have written this book to help you with weaning. Included are tips on starting cow's milk-free weaning, with recipes and advice to help your baby establish a diverse and lifelong nutritious and healthy balanced diet.

We hope this book helps you both enjoy this wonderful time by making weaning a positive and stress-free experience for you and your baby!



Contents



4. Cow's Milk Protein Allergy (CMPA)
5. Arize
6. A Guide to Weaning
9. Introducing Solid Food to Babies with CMPA
12. Recipes

FIRST FOODS FROM ~6 MONTHS OF AGE

15. Mango and Banana Purée
16. Apple Sauce
17. Mashed Avocado with Banana

FROM ~7 MONTHS OF AGE

19. Beans with Milk-Free Soft Cheese
20. Cream of Bean Soup
21. Hummus
22. Vegetable Omelette
23. Chicken and Vegetable Casserole
24. Mexican Lentils
25. Spaghetti with Creamy Bolognese Sauce
26. Macaroni and Cheese
27. Milk-Free Cheese Scones

28. Oat Muffin with Banana and Peanut Butter
29. Milk-Free Strawberry Ice Cream
30. Rice Pudding Ice Pops
31. Rice Cakes with Carrots

FROM ~10 MONTHS OF AGE

33. Oat Pancakes with Banana
34. Banana Bread
35. Savoury Scones
36. Banana Muffins
37. Chocolate Doughnuts



This recipe book is intended for parents or carers of babies who have been prescribed Arize by a Healthcare Professional (e.g. GP, nurse or dietitian). Arize is a Food for Special Medical Purposes, for use under medical supervision. This booklet should not be used to replace the advice from your baby's healthcare professional.

Allergens – substances that may trigger an allergic reaction in some babies, such as nuts or eggs - may be present, please check individual product and ingredient labels. If you're unsure about whether any of the ingredients are suitable for your baby, speak to their healthcare professional.

The amount of calories in each recipe might increase if you add certain toppings or other ingredients.

Information for nut allergies: Some of the recipes in this booklet suggest adding nuts. If your baby has an allergy to nuts, please exclude from the recipes as needed. Whole nuts and peanuts should not be given to children under 5 years old, as they can choke on them.

Find out more about foods
to avoid giving to babies and
young children here:





Cow's Milk Protein Allergy

WHAT IS CMPA?

Cow's milk protein allergy or 'CMPA' (sometimes referred to as cow's milk allergy or 'CMA') is an allergic reaction to one or more of the proteins in cow's milk. It is one of the most common food allergies in young children, affecting up to 3.5% of babies and young children.¹

WHAT ARE THE SIGNS AND SYMPTOMS?

The symptoms of CMPA result from the body's immune system mistakenly reacting to harmless proteins in cow's milk, which leads to an immune system response. This response results in the common digestive, respiratory and skin reactions associated with CMPA.²

Symptoms after ingesting cow's milk can be immediate, sometimes referred to as IgE mediated (within a few minutes to an hour), delayed (within 2-72 hours) sometimes referred to as non-IgE mediated or both.²

Most allergic reactions are mild, but in very severe cases, a reaction called anaphylaxis or anaphylactic shock can occur: symptoms may include breathing difficulties, increased heart rate and losing consciousness. This is a medical emergency and needs urgent treatment: call 999 for an ambulance immediately.^{3,4}

SYMPTOMS MAY INCLUDE:⁵



Vomiting, diarrhoea,
blood in stools



Swelling of the lips,
tongue, eyes, face



Flushed face



Wheezing or
difficulty breathing



Hives
(red and itchy
bumps)

DID YOU KNOW?

Most children with CMPA outgrow the condition by the age of 3-5 years,⁶ some a lot sooner.



Arize

WHAT IS ARIZE?

Arize is a nutritionally complete, plant-based infant formula that is free from cow's milk protein. It contains proteins broken down from rice instead of cow's milk. It is specifically designed for infants with cow's milk protein allergy (CMPA) or other conditions requiring an extensively hydrolysed formula, which is less likely to cause allergic reactions. It is suitable for use from birth onwards.

Arize is plant-based and gluten-free. It is suitable for the following diets:

- ✔ Plant-based
- ✔ Vegetarian
- ✔ Kosher
- ✔ Halal

Please note, the addition of some of the ingredients within this recipe book may affect the suitability for the above diets.

MORE ABOUT ARIZE

- ✔ 100% COW'S MILK PROTEIN FREE
- ✔ 100% EFFECTIVE IN ELIMINATING SYMPTOMS OF CMPA, IN TERMS OF HYPOALLERGENICITY^{7,8}
- ✔ NUTRITIONALLY COMPLETE TO MEET THE DAILY NEEDS OF BABIES FROM BIRTH ONWARDS⁹
- ✔ CONTAINS 2'-FL,† A SPECIAL CARBOHYDRATE THAT IS NATURALLY FOUND IN MOST MOTHERS' BREAST MILK

WHY HAS MY BABY BEEN PRESCRIBED ARIZE?

If your child has CMPA, their healthcare professional (e.g. GP, dietitian or health visitor) may have recommended Arize to help ensure they can get the energy and protein their growing body needs while maintaining a cow's milk-free diet.

HOW DO I FEED MY BABY ARIZE?

Arize will be recommended by your baby's healthcare professional, and they will tell you how much you need to give your baby and how often. It is important that you follow the guidance given for your baby.

HOW SHOULD I STORE ARIZE?

Always store unopened at room temperature. Once opened, use the plastic lid to keep tightly covered and store in a cool, dry place (not the fridge). Use within 3 weeks of opening.

We recommend preparing each feed as required. If you prepare more than one feed, or you want to store any leftover feed it should be covered quickly under cold running water. Prepared feeds should be kept in the fridge at 2-4°C and used within 24 hours. Feeds should be stored at the back of the fridge, not in the door.



A Guide to Weaning



Weaning, also known as complementary feeding, is when your baby starts taking foods in addition to their usual milk feeds. As weaning is established and your baby starts eating regular meals, milk intake will naturally reduce. Sometimes parents can be anxious about weaning and delay giving foods because they fear their baby will react badly; delaying giving foods and not establishing regular meals and snacks is more likely to cause future problems.

AT WHAT AGE SHOULD I WEAN MY BABY?

Weaning should start around 4 to 6 months of age or when your baby is showing the signs of being ready (but never before 4 months).¹³

HOW DO I KNOW WHEN MY BABY IS READY TO START WEANING?

If your baby can do the following, then they could be ready to start weaning:¹⁴

- Sit in an upright position, holding their head steady (so they can swallow properly)
- Coordinate their eyes, hands and mouth (so they are able to look at food, pick it up and put it in their mouth)
- Swallow food (rather than spit it back out)





GENERAL TIPS FOR SUCCESSFUL WEANING

- ALWAYS sit your baby in an upright position in a high chair with a securely fitted safety harness when eating meals and snacks
- NEVER force feed
- Establish a mealtime routine (i.e. 3 meals and healthy snacks in between)
- Reduce formula-feeds as food intake increases
- Think ahead and plan meals and snacks
- Cook in bulk and freeze (maximum of 3 months)
- Use ripe fruits (under-ripe ones can be acidic)
- Check all ingredient labels every time. Manufacturers sometimes change ingredients without notice
- Remove the baby's portion from family foods before adding salt, seasoning or sugar. Also beware of 'hidden' salt in stock cubes or gravy granules and sugar in fruit juice, etc.
- If your baby is refusing to drink formula, the daily amount can easily be 'hidden' in foods (see recipes)

SHOULD I STILL GIVE MY BABY BREAST MILK OR FIRST INFANT FORMULA WHEN WEANING?

Breast milk, infant formula or both, should be your baby's main source of nutrition during the first year, but some mothers continue to breastfeed for much longer.

As food intake increases, breastfeeding or infant formula feeding naturally reduces. It is important to feed your baby three meals a day and avoid giving more than 500 ml of formula in 24 hours once weaning has been established. If your baby is hungry during the day then choose foods and snacks, rather than keep offering milk, as larger amounts of milk feeds can lead to an unbalanced nutritional intake.

ANXIETY

Some parents keep their baby on formula and are reluctant to introduce foods because they are worried their baby may be allergic to the food. Remember, it is important to wean your baby onto a diverse diet from a young age.

DRINKS

Only give your baby breast milk/formula and water; there is no need to give any baby juices, and avoid giving tea or coffee. Offer water in a cup with meals and snacks.



SAFETY FIRST WHEN WEANING

- Never leave a baby alone when feeding to ensure they are swallowing safely
- Keep mealtimes calm – avoiding distractions, disruptions or rushing when eating
- Your baby's meals should be heated until 'piping hot' (between 75°C and boiling), and then cooled. Check that the food is hot all the way through by stirring. Avoid giving foods that are too hot (they should be just warm)
- Check ingredients of foods every time to prevent accidentally giving milk or milk derivatives. Manufacturers sometimes change their ingredients without warning
- Ensure foods are fresh, in date and fully cooked to prevent food poisoning
- Discard uneaten foods
- Avoid giving your baby honey, as it may contain a bacteria that can make them ill
- Unsweetened calcium-fortified milk alternatives, such as soya, coconut, almond and oat drinks, should not be given to babies as a main milk drink until the age of 1. Rice drinks should not be given to children under the age of 5.
- If giving hens' eggs that are lightly cooked (e.g. soft boiled) ensure they are lion marked, this signifies the eggs have been produced to the highest food safety standard and the hens have been vaccinated against Salmonella
- Never put foods into a bottle feeder or cup
- Avoid giving foods that are a choking hazard (e.g. whole grapes, hard foods such as raw carrots, raw jelly cubes, nuts)
- Avoid foods high in mercury (e.g. shark, swordfish or marlin)
- Only give shellfish that has been thoroughly cooked
- Wash hands and surfaces before preparing foods, and avoid cross-contamination between raw and ready-to-eat foods

TOP TIPS

Enjoy it! Keep weaning simple and make mealtimes a positive experience.

For more information on safe weaning, visit:



Introducing Solid Food to Babies with CMPA



Introducing new food to a baby may make any parent feel understandably cautious, however, weaning a baby with CMPA should be the same as weaning a baby without CMPA, apart from avoiding all traces of cow's milk.

TIPS FOR SAFE COW'S MILK-FREE WEANING

- 1 The baby needs to be sitting safely in an upright position (so they can swallow properly)
- 2 Suitable foods should be available - if using manufactured food or pre-prepared foods please check the labels carefully. If the product contains milk or a milk derivative it will be clearly labelled (allergens are listed in bold in the ingredients section). Be particularly careful not to give 'lactose-free' dairy as this still contains whole cow's milk protein - this is often sold right next to dairy-free alternatives and is easily mixed up
- 3 Avoid foods with precautionary allergy labelling (e.g. 'may contain milk' or 'made on a line handling milk' etc.)
- 4 If anyone else is looking after your baby, you could think about preparing your baby's foods in advance, and ensure they have a good understanding of your baby's needs and how to provide suitable foods

IS IT NORMAL FOR MY BABY TO REFUSE COW'S MILK-FREE FOOD?

Like any new food, it may take 10 tries or more for your baby to get used to new flavours and textures. There will be days when your baby eats more, some when they eat less, and days when they reject everything. Don't worry - this is perfectly normal!

Just remember the 3Ps - **positivity, patience, and persistence**. Keep offering a variety of foods, even the ones your baby seems to like, and let them get used to it in their own time.



TOP TIPS

The British Society for Allergy & Clinical Immunology (BSACI) have developed an excellent summary for parents on weaning babies with allergies:





SHOPPING FOR COW'S MILK-FREE ALTERNATIVES

Doing your shopping in a large supermarket (in store or online) will give you an increased selection of dairy-free alternatives.

But be cautious when using foods from the 'free-from' section – it is easy to believe they are 'free from' all allergenic ingredients. This is not the case, so please ensure you double-check the ingredients of all the foods you buy and check the free-from labelling carefully:

- Dairy-free products are always lactose-free, however, **lactose-free dairy products** contain whole cow's milk protein, so are **unsuitable for your baby**. These products are often kept on shelves together, so it is easy to make a mistake, especially if you are tired or distracted.
- **Do not use** lactose-free cow's milk/dairy, goat, sheep or other animal's milk/dairy, as the proteins are very similar and are unlikely to be tolerated.

SHOPPING FOR COW'S MILK-FREE CHEESE

Include dairy-free products in your baby's diet such as dairy-free cheeses, dairy-free yoghurts, dairy-free spreads and dairy-free creams. These will add nutrition and taste.

Be aware that not all dairy-free products are equal in taste, texture, nutrition or ingredients.

Even the less nutritious dairy-free products have a place in your baby's diet because they allow your baby to get used to the taste and texture. Then when they outgrow their CMPA, they are likely to find dairy foods more acceptable and palatable, and these are then likely to be part of their long-term diet as they grow up and into adulthood.

DID YOU KNOW?

Other nutritional supplements are not required if your baby is eating a nutritious diet and taking 500 ml of infant formula (in cooking/as a drink daily)





VITAMIN INTAKE FOR BABIES ON A COW'S MILK-FREE DIET

As your baby is weaned, the aim is that all micronutrients, including vitamins and minerals, should be met by a nutritious balanced diet. If your baby has a poor appetite, is a selective eater or has multiple dietary exclusions, this can be more difficult to achieve.

- Babies from birth to 1 year of age who are being breastfed (or with formula top-ups less than 500 ml) **should be given a daily supplement with vitamin D** (containing up to 10 \times g or 400 I.U.). This is recommended in addition to the mother taking a breastfeeding supplement.¹⁵
- Babies fed **more than 500 ml** of infant formula daily **do not need** any vitamin supplements, as infant formulas are often fortified with vitamin D and other nutrients.



Recipes

TAILORED FOR YOUR BABY'S AGE

This book contains a number of delicious recipes that have been developed by a professional Chef and a Specialist Allergy Dietitian, which are tailored to the age of your baby (from 6 months, 7 months and 10 months)

- **First foods from ~6 months of age:** When your baby is first ready for soft foods. These first foods should be puréed, mashed, or given whole as very soft finger foods if doing baby-led weaning
- **From ~7 months of age:** For babies aged 7–9 months, which includes mashed foods with soft lumps and soft finger foods
- **From ~10 months of age:** For babies from 10 months and older, which includes minced or chopped family foods and harder finger foods

Feed at a pace to suit your baby. All babies are different - the quantity and frequency that food is given should be tailored to your baby and not compared to others.



THE RECIPES IN THIS BOOK WERE CHOSEN FOR YOU BECAUSE THEY ARE:

- ✔ Nutritious
- ✔ Delicious ways to incorporate Arize into solid food
- ✔ Suitable for the rest of the family without Arize
- ✔ Easy and quick to make (ingredients are also easy to buy and find)
- ✔ Easily adapted to be vegetarian
- ✔ Easily adapted to be halal or kosher
- ✔ Easily adapted to be gluten-free
- ✔ Free of added salt and sugar
- ✔ Most are conveniently suitable for home freezing. Don't forget to label and date all frozen foods, and to ensure that they are all used within the recommended storage time. Do not use after the recommended freezer storage times indicated in this book

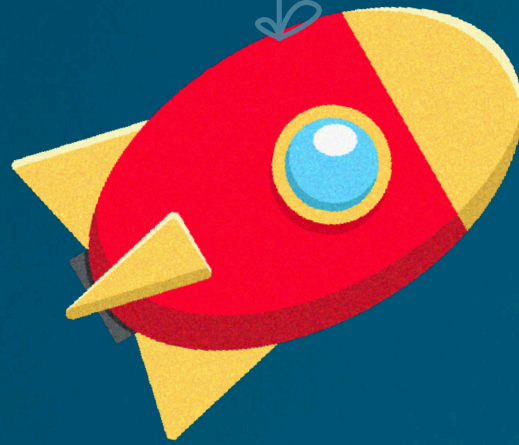
VEGETARIAN RECIPES

All the recipes in this book can be easily adapted to make them vegetarian by replacing meat with beans or pulses. If nuts are tolerated, then you can use ground nuts, nut flours or nut butters (never give whole nuts to a baby) in recipes to add nutrition.

ATTENTION!

If your child has other known food allergies, check with their healthcare professional that it is safe to eat all the ingredients recommended in these recipes if you're concerned your child might not tolerate any of them.





First foods

FROM ~6 MONTHS OF AGE



Mango and Banana Purée

INGREDIENTS

- ½ mango
- ½ small banana
- 30 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

DIRECTIONS

1. Remove the skin and the stone from the mango. Wash in water. Peel the banana. Place both fruits in a food processor and blend until smooth.
 2. Spoon out one portion of the fruit purée.
 3. Mix in **Arize** with the fruit purée and stir well.
 4. Pass the mixture through a sieve.
 5. Serve cold.
- Freeze the remaining fruit purée. Add **Arize** to each portion once the fruit has been defrosted.

VARIATIONS

- Pear, apple (peeled, cored and diced) and avocado (½ pear, ½ apple, ½ avocado)
- Banana and pear (½ banana, ½ pear)
- Banana and apple (½ banana, ½ apple)



NUTRITION TIPS

Mango is a great source of fibre and vitamin C.

FROM
~6 MONTHS

Apple Sauce

INGREDIENTS

- 1 apple (peeled, cored, diced and washed)
- 30 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

DIRECTIONS

1. Cook the apple in water over low heat until soft.
 2. Remove the apple from heat and strain the water. Allow to cool.
 3. Place the apple in a food processor and blend until smooth.
 4. Spoon out one portion of the apple purée.
 5. Mix in **Arize** with the apple purée and stir well.
 6. Serve cold.
- Freeze the remaining apple purée. Add **Arize** to each portion once the apple purée has been defrosted.



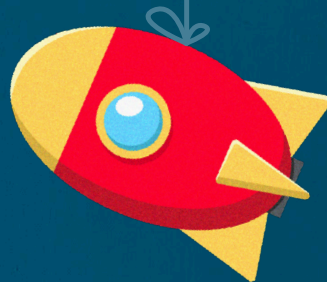
Mashed Avocado with Banana

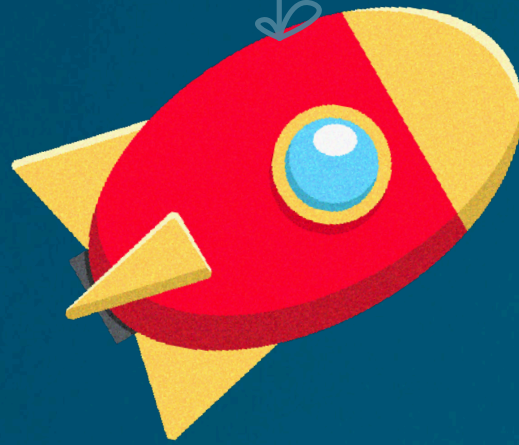
INGREDIENTS

- ½ banana (peeled and diced)
- ½ avocado (peeled and diced)
- 30 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

DIRECTIONS

1. Place banana along with avocado in a food blender and mix until smooth.
 2. Spoon out one portion of the mixture.
 3. Mix in Arize with the blended banana/avocado and stir well.
 4. Serve cold.
- Freeze the remaining mixture. Add **Arize** to each portion once the mixture has been defrosted.





First foods

FROM ~7 MONTHS OF AGE



Beans with Milk-Free Soft Cheese

INGREDIENTS

- 50 g **milk-free** soft cheese
- 90 g cooked beans (cannellini, pinto or kidney beans, canned in water without added sugar or salt)
- 30 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

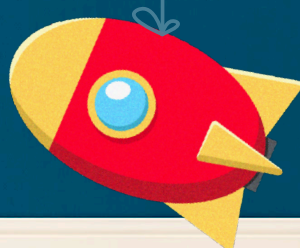
DIRECTIONS

1. Drain and mash the beans with a fork until a mashed consistency.
 2. Mix in soft, dairy-free cheese.
 3. Spoon out one portion of the mixture.
 4. Stir in **Arize** and mix well.
 5. Serve warm or cold.
- Freeze the remaining mixture. Add **Arize** to each portion once the mixture has been defrosted.



NUTRITION TIPS

If preferred, you can replace **milk-free** soft cheese with a **milk-free** yoghurt. Look for an option with added calcium and Vitamin D.



FROM
~7 MONTHS

Cream of Bean Soup

INGREDIENTS

- 500 ml **Arize**
- 360 g canned beans (salt and sugar-free, drained)
- 1 tablespoon mixed herbs
- 470 ml no added salt chicken stock
- 50 g chopped onion
- 150 g **milk-free** cheese

DIRECTIONS

1. In a large saucepan, fry the chopped onion in a little oil.
 2. Prepare 500 ml of **Arize** formula and mix with the drained beans.
 3. Add 470 ml of chicken stock to the bean mixture and add to the fried onion.
 4. Cook over low heat for 5 minutes or until slightly thickened, stirring to prevent sticking.
 5. Serve with quinoa, rice or mashed potatoes.
- Freeze the remaining mixture. Add **Arize** to each portion once the mixture has been defrosted.



NUTRITION TIPS

Chicken stock can be high in salt, but salt-free and low in salt stock cubes are available at many supermarkets - or try making it at home!

Hummus

INGREDIENTS

- ½ can chickpeas in water (no added sugar or salt)
- 1 tablespoon tahini (sesame paste)
- 1 tablespoon olive oil
- Juice of ½ of one whole lemon
- 30-60 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

DIRECTIONS

1. Pass the chickpeas through a strainer and save the water for later.
 2. Place the strained chickpeas, tahini, olive oil and lemon juice in a food processor and mix well. Add a little of the chickpea water if needed.
 3. Spoon out one portion of the mixture.
 4. Stir in **Arize** and mix well.
 5. Serve cold.
- Freeze the remaining mixture. Add **Arize** to each portion once the mixture has been defrosted.

VARIATIONS

- Add a blended red pepper.



SERVING SUGGESTION

Try adding a sprinkle of paprika, a drizzle of olive oil and serve with warm pitta bread

NUTRITION TIPS

Hummus is a great way to practice self-feeding. Cut up some vegetables (boil them slightly if needed) and let your little one practice dipping and eating.

FROM
~7 MONTHS

Vegetable Omelette

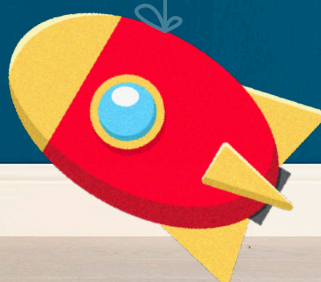
INGREDIENTS

- ½ diced onion
- 1 diced carrot
- 1 small squash
- 1 garlic clove
- 100 g oats
- 2 eggs
- 120 ml **Arize**
- 30 g **milk-free** cheese
- 40 g **milk-free** soft cheese
- Extra virgin olive oil



DIRECTIONS

1. Sauté in a pan, with a drizzle of oil, add the onion, squash and carrot.
 2. In a bowl, add the squash and carrot and allow to cool.
 3. Add the **Arize**, the **dairy-free** cheeses, eggs and oats to the bowl and mix well. Let stand for 10 minutes.
 4. Heat a frying pan with some oil. When the oil is hot, pour in a portion of the omelette mixture. Cook for about 2 minutes on each side and transfer to a serving dish.
- Freeze the remaining mixture. Add **Arize** to each portion once the mixture has been defrosted.



Chicken and Vegetable Casserole

INGREDIENTS

- 50 g chicken breast (diced, skin removed)
- 50 g carrot (peeled and diced)
- 50 g butternut squash (peeled and diced)
- 60 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

DIRECTIONS

1. Cook chicken in water along with the carrot and butternut squash.
2. Once the vegetables are cooked and the chicken is tender, transfer to a bowl and mash with a fork.
3. Spoon out one portion of the mixture.
4. Stir in **Arize** and mix well.
5. Serve warm.



SERVING SUGGESTION

Serve with mashed sweet potatoes

NUTRITION TIPS

Chicken is a great source of protein. This recipe is an ideal way of offering mashed chicken rather than puréed chicken to your little one, which helps them get used to different textures.

FROM
~7 MONTHS

Mexican Lentils

INGREDIENTS

- ½ tomato
- 100 g canned lentils (no added sugar or salt)
- 1 teaspoon diced onion
- 1 teaspoon olive oil
- 50 g cooked chicken breast (diced and skin removed)
- 60 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

DIRECTIONS

1. Sauté the onion and tomato in the oil in a frying pan. Place to one side.
2. Fry off the chicken in a little bit of oil until soft and tender. Add the lentils and the sautéed onion and tomato so that the ingredients and flavours are well combined.
3. Spoon out one portion of the mixture.
4. Stir in **Arize** and mix well.
5. Serve warm.



NUTRITION TIPS

Lentils are a great source of fibre!

SERVING SUGGESTION

Serve with mashed potatoes or baby soup pasta

Spaghetti with Creamy Bolognese Sauce

INGREDIENTS

- 2 tablespoons olive oil
- 1/2 diced onion
- 2 cloves garlic, chopped
- 150 g finely diced carrots
- 1 tomato, chopped
- 400 g beef mince
- 1 pinch of dried oregano
- 240 ml tomato sauce
- 150 ml **Arize**

DIRECTIONS

1. Heat oil in a large pan and sauté onion, garlic, carrot and tomato. Add the beef mince and cook over medium heat until cooked through.
2. Season with dried oregano.
3. Add the tomato sauce and **Arize**.
4. Cook over low heat for 30-40 minutes, add more prepared **Arize** if it dries out – stir regularly.
5. Serve with cooked pasta such as spaghetti or penne.



NUTRITION TIPS

If your baby is allergic to eggs, use egg-free spaghetti. You can also use pasta made from other sources such as peas or quinoa for extra protein.

FROM
~7 MONTHS

Macaroni and Cheese

INGREDIENTS

- 50 g macaroni pasta
- 50 g grated **milk-free** cheese
- 90 ml **Arize** (1 scoop to 30 ml cooled, boiled water)
- 1 teaspoon **dairy-free** butter or oil

DIRECTIONS

1. Cook macaroni pasta in a pan of boiling water. When the pasta is softened enough, remove from the heat and drain the water.
2. Prepare 90 ml of **Arize** and mix with the macaroni pasta.
3. In a frying pan, melt the **milk-free** butter. Add the macaroni pasta and mix.
4. Place the pasta into an oven-proof dish. Add the grated cheese and cook until the cheese has melted.
5. Serve warm.



NUTRITION TIPS

If your baby is allergic to eggs, use egg-free macaroni. If they aren't allergic, you could use "fresh" pasta made with eggs for added protein.

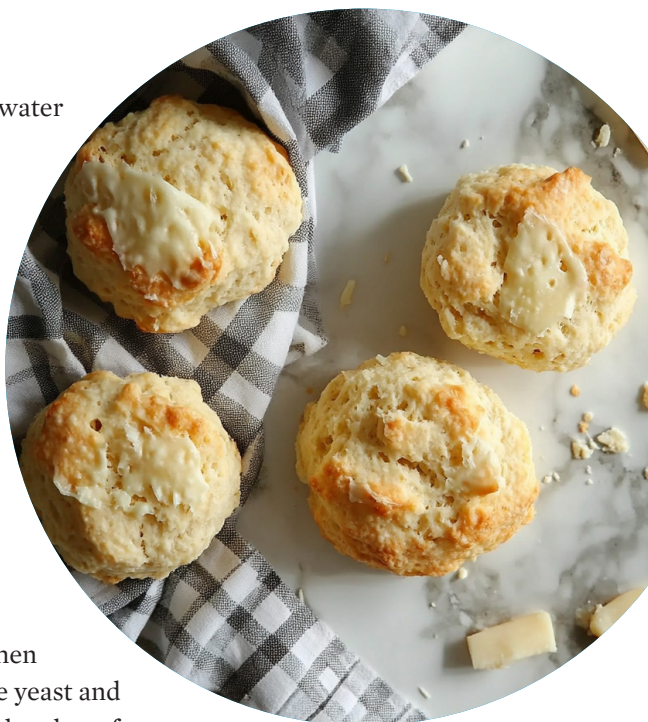
Milk-Free Cheese Scones

INGREDIENTS

- 360 g wheat flour
- 3 teaspoons of yeast + 2 tablespoons warm water
- 100 g **milk-free** soft cheese
- 90 g **milk-free** butter
- 2 eggs
- 1 egg yolk
- 120 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

DIRECTIONS

1. Place yeast in the warm water for 10 minutes.
2. Place the dry ingredients in a food mixer, then add the melted butter, 2 eggs, **Arize** and the yeast and mix at maximum speed until well combined and a soft dough is formed. Add a little more flour if needed.
3. Let the dough rest in a warm place for 1 hour until it increases in size.
4. Use the dough to form small balls and place on a greased baking sheet.
5. Brush the tops of the balls with the egg yolk.
6. Bake at 180°C until the buns are golden brown. (Approximately 10-15 minutes)
7. Once cool, slice open and spread the **milk-free** cream cheese inside.



NUTRITION TIPS

If your baby is allergic to wheat, use wheat-free flour. Try using a combination of different wheat-free flours for the best results.

FROM
~7 MONTHS

Oat Muffin with Banana and Peanut Butter

INGREDIENTS

- 100 g rolled oats
- 150 g self-raising flour
- 2 teaspoons baking powder
- 3 ripe bananas
- 120 ml oil
- 1 teaspoon vanilla essence (sugar and alcohol-free)
- 1 teaspoon cinnamon
- 1 egg
- Smooth peanut butter
- 150 ml **Arize** (1 scoop to 30 ml cooled, boiled water)



DIRECTIONS

1. In a blender, mix the oil, egg and bananas.
 2. Add the dry ingredients to the wet mixture.
 3. In a previously greased and floured muffin tin, spoon out 2 tablespoons of the wet mixture into the muffin cases.
 4. Bake at 180°C for 20 minutes until the buns are golden brown and a toothpick inserted comes out clean.
 5. When cooled, serve with a little bit of smooth peanut butter.
- **Makes 10-12 muffins.**

NUTRITION TIPS

This yummy muffin recipe is a great way for your little one to practice feeding themselves, while the oats are a great source of fibre.

Milk-Free Strawberry Ice Cream

INGREDIENTS

- 560 g frozen strawberries
- 500 ml Arize
- 300 g **milk-free** cream cheese

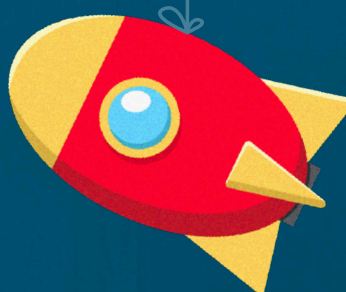
DIRECTIONS

1. In a blender, add **Arize**, frozen strawberries and **milk-free** cream cheese. Blend to a smooth ice cream consistency.
2. Pour the ice cream into a plastic or metal container and freeze.
3. Keep in the freezer until ready to serve.



NUTRITION TIPS

Strawberries contribute to your little one's 5 a day and are a great source of fibre and Vitamin C.



FROM
~7 MONTHS

Rice Pudding Ice Pops

INGREDIENTS

- 350 ml water
- 50 g washed rice
- 250 ml **Arize**
- 1 teaspoon ground cinnamon
- 1 small piece of cinnamon stick

DIRECTIONS

1. In a saucepan, heat 350 ml of water.
 2. Add the rice, along with the small piece of cinnamon. Cook over medium heat for 20 minutes or until the rice is tender.
 3. Remove rice from heat and drain water. Discard the cinnamon stick.
 4. Mix **Arize** with the cooked rice.
 5. Allow to cool.
 6. Pour into plastic ice lolly moulds, place wooden sticks in the centre of the mixture and freeze for 4 hours.
 7. Remove from freezer and serve.
- **Makes 4-6 ice pops.**



NUTRITION TIPS

A great way to encourage your little one to feed themselves, while introducing the tasty new flavour of cinnamon.

Rice Cakes with Carrots

INGREDIENTS

- 100 g cooked rice
- 20 g cooked carrot
- 1 egg white
- 60 ml **Arize** (1 scoop to 30 ml cooled, boiled water)

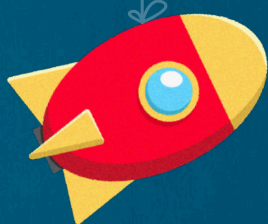
DIRECTIONS

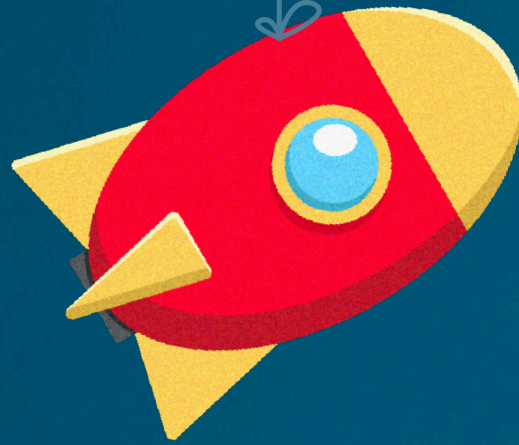
1. In a mixing bowl, mash the carrot with a fork and add to the cooked rice.
2. Then add 1 egg white to the rice mixture.
3. Add **Arize** and mix well.
4. Preheat a non-stick frying pan and add a little oil to the pan to prevent the rice cakes from sticking.
5. With the help of a spoon, form 3 rice cakes in the pan and wait for them to brown on one side, then flip over until cooked through.
6. Serve warm as finger foods.



NUTRITION TIPS

These tasty rice cakes combine a range of textures for your baby to start getting used to – lumpy rice, the moist inside, lumpy and crispy outside.





First foods

FROM ~10 MONTHS OF AGE



Oat Pancakes with Banana

INGREDIENTS

- 1 banana
- 100 ml **Arize**
- 1 egg
- 40 g ground oats
- ¼ teaspoon vanilla essence (sugar and alcohol-free)
- 2 tablespoons **milk-free** butter
- Smooth almond butter to taste

DIRECTIONS

1. Place the banana in a bowl and mash with a fork until smooth. Add the egg and **Arize** and mix until combined.
2. Add the oats to the banana mixture and mix until smooth.
3. Heat a frying pan over medium heat. Heat a little oil. Add some of the mixture to the oil and cook for a few minutes or until it has small bubbles on the surface. Flip over and cook until browned on both sides.
4. Repeat step 3 until the mixture is finished. Serve with almond butter and summer fruits such as strawberries, raspberries or blueberries.



NUTRITION TIPS

Adding mixed berries is a great way to contribute to your baby's 5 a day.

Banana Bread

INGREDIENTS

- 3 large bananas (400 g)
- 1 tablespoon ground flax seed + 2½ tablespoons of water
- 60 g almond butter
- 3 tablespoons oil
- 2 tablespoons maple syrup
- 85 g coconut sugar
- 1 teaspoon baking powder
- 130 g ground almonds
- 150 g self-raising flour
- 100 g fine oats
- 90 ml **Arize** (made up to instructions 1 scoop to 30 ml water)



DIRECTIONS

1. Preheat oven to 180°C.
2. Use baking paper to line one bread loaf tin.
3. Mix the flax seed with the water and leave to stand for 5 minutes.
4. Place the bananas in a large bowl and mash with a fork until smooth.
5. Add the flax seed and mix.
6. Then add the oil, coconut sugar, maple syrup and almond butter – whisk together and put to one side.
7. In a separate bowl, sift the flour and baking powder and mix well. Add the ground almonds and the oats and mix well.
8. Mix the dry and wet ingredients together and pour into the bread tin.
9. Bake for 75 minutes.
10. Allow to cool.
11. Cut into 8-10 slices.

NUTRITION TIPS

Flax seeds are a good source of omega-3 fatty acids or “healthy fats”. This recipe is also a great opportunity to practice the art of baking with your little one, let them try their hand at stirring up the delicious mixture.

Savoury Scones

INGREDIENTS

- 240 g plain flour
- 85 g **milk-free** cheddar cheese
- 2 teaspoons baking powder
- 90 g **milk-free** butter
- 180 ml **Arize** (made up to instructions 1 scoop to 30 ml water)

DIRECTIONS

1. Preheat oven to 180°C.
2. Combine all the ingredients in a bowl using your hands, a fork or a mixer.
3. Once everything is well combined, it should form a dough.
4. Roll out the dough with the help of a rolling pin to approximately 2 cm thick.
5. Ideally use a round cutter, otherwise you can cut dough in a square shape and place the scones on the baking tray.
6. Bake for approximately 15 minutes.
7. Serve warm with **milk-free** cream cheese or smooth peanut butter.



NUTRITION TIPS

Try cutting in half and spreading hummus or extra **milk-free** cheese mixed with spinach for extra fibre.

FROM
~10 MONTHS

Banana Muffins

INGREDIENTS

- 4 ripe bananas
- 120 ml sunflower oil
- 240 g plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 125 g unsweetened apple sauce or pear purée
- 1 teaspoon natural vanilla extract (sugar and alcohol-free)
- 250 ml **Arize**

DIRECTIONS

1. Preheat oven to 180°C.
 2. In a bowl, mash the bananas until smooth. Add the oil and mix well.
 3. Add the applesauce and vanilla, along with **Arize** and mix well until the mixture is combined.
 4. Pour the mixture into 12 muffin cups or a muffin pan.
 5. Bake for about 20-25 minutes, until a toothpick inserted comes out clean.
- **Makes approximately 12 portions.**



NUTRITION TIPS

The delicious banana muffins are sweet without the added sugar, and you can add homemade apple or pear purée for added fibre.



Chocolate Doughnuts

INGREDIENTS

- 120 g flour
- 25 g cocoa powder
- ½ teaspoon baking powder
- 120 ml **Arize**
- 1 egg
- 4 tablespoons **milk-free** melted butter
- 1 teaspoon natural vanilla extract (sugar and alcohol-free)
- Smooth peanut butter



DIRECTIONS

1. Preheat the oven to 165°C.
 2. Prepare 1 or 2 doughnut pans by lightly greasing with **milk-free** butter. (If you only have one pan, you can bake in two batches)
 3. In a medium bowl, sift together the flour, cocoa powder and baking powder. In another bowl, lightly whisk together the egg, **milk-free** butter, **Arize** and vanilla extract.
 4. Add the wet ingredients to the dry ingredients, and gradually mix well until a smooth dough.
 5. With a medium spoon, fill the doughnut pan until 2/3 full, using the spoon to even out the batter inside each doughnut space.
 6. Bake for 10 to 15 minutes, until dough does not “sink” when touched with a finger or a toothpick inserted in the centre comes out clean.
 7. Transfer to a wire rack and leave to cool.
 8. Insert each doughnut through the centre with a small wooden skewer and dip in the glaze.
 9. Return to wire rack and leave to cool.
 10. Dip in peanut butter and enjoy.
- **Makes approximately 10 portions.**

NUTRITION TIPS

Try cutting these yummy doughnuts into pieces so your little one can enjoy dipping them in peanut butter or their favourite **milk-free** yoghurt.



FOOTNOTES

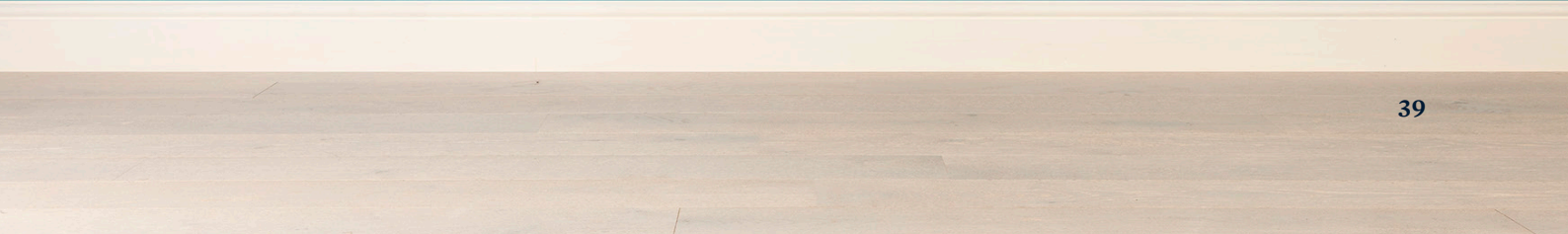
* Resulted in zero reactions in two hypoallergenicity studies conducted in Risolac® now called Arize. Rice hydrolysate identical in both formulations.

† 2'-FL - 2'-fucosyllactose. Structurally identical to that found in breast milk (not sourced from human milk).

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