

Cooking Without Milk

Milk-free recipe ideas
for babies and toddlers



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* Egg-free

† Wheat-free

Introduction

Cow's milk is a staple in the diet of millions of Australians, providing essential nutrients such as energy, protein and calcium. However, there are some people who cannot drink or eat foods containing cow's milk. Reactions to cow's milk can be caused by several medical conditions – the most common are cow's milk allergy and lactose intolerance.

If you or someone in your family are sensitive to cow's milk, you will appreciate how hard it can be to buy and prepare healthy, appetising foods that do not contain milk.

That's where this special cookbook can help. It's packed with delicious recipes suitable for your little one that can also be used with the whole family. These traditional recipes have been modified to replace cow's milk or cream with soy formula or soy milk (after 1 year of age). Remember, if you have any questions or concerns, be sure to speak to your healthcare professional.

Happy Eating!



About Cow's Milk Allergy (CMA)

CMA is a food allergy that occurs when the body's immune system reacts to the protein in cow's milk.

The symptoms of CMA are varied and include:

- Hives, vomiting or wheezing, which appear soon after the ingestion of foods, drinks or infant formula containing cow's milk protein.
- Diarrhoea, blotchy rashes or eczema, which develop more slowly.
- Severe allergic reactions (anaphylaxis), which can cause floppiness in babies.

It is quite common for babies diagnosed with CMA to outgrow the condition by about 4 years of age; however, some children will continue to have a dairy allergy into their adult lives.

The treatment of CMA requires complete avoidance of all food and drink containing dairy, including:

- milk
- cheese
- yoghurt
- custard
- all other foods containing milk and milk solids.

For formula-fed babies, extensively hydrolysed formula or, if over 6 months of age, soy formula, may be used. Soy formula is recommended as a first choice for infants over 6 months of age with immediate food reactions, and for those with gastrointestinal symptoms or atopic dermatitis in the absence of failure to thrive.

Always check with a healthcare professional before using soy formula.



About Lactose Intolerance

Lactose intolerance is the inability to break down lactose, the natural sugar found in cow's milk and other dairy products. It is more common among children and adults from certain cultural backgrounds. However, the most common form of lactose intolerance in babies occurs after a tummy upset, such as gastroenteritis.

The symptoms of lactose intolerance include:

- diarrhoea
- bloating
- tummy ache.

Symptoms subside when lactose is removed from the diet. In formula-fed babies, a lactose-free or soy formula may be used. These types of formulas may only be needed for a short period of time while the gut repairs itself. After this, baby's regular formula can be reintroduced slowly.

Always check with your healthcare professional before switching formulas.

Baby's First Foods (from 6 months)

At about 6 months of age, your baby's nutritional needs are greater than what can be provided by breast milk or infant formula alone. That's when it's time to introduce solid foods. When starting out, offer your baby a milk feed before introducing solids.

For optimal growth and development, it is important to start with iron-rich foods, such as iron fortified infant cereals or soft puréed meat, poultry and legumes. You can try these in combination with cooked puréed fruits and vegetables. The amount of breast milk, infant formula or water required to create a smooth, blended consistency depends on the portion placed in the blender.

If you are concerned that your baby is sensitive to a particular food, or develops a rash, tummy upset or wheezing after trying a new food, speak to your healthcare professional.

What to expect

The sensation of the spoon and the new tastes and textures of the solid food will seem strange to your baby. Some babies eat a lot at the first tasting, others just a little. Don't force solid food if your baby spits it out; rather, try again the next day.



Recipes

On the following pages are recipes that are free from dairy, including cow's milk, yoghurt, butter, cheese and cream. Some of them are also egg-free or wheat-free. Many use soy infant formula as an ingredient. Please see the box below for tips on how to prepare it.

Each recipe can be adapted depending on your child's developmental stage, from 6 to 12 months old. You can purée for a smooth consistency, fork mash, chop or serve as is, as per the infant feeding guidelines.

We hope you enjoy trying out these new recipes!

Mixing soy infant formula

- Use cooled, boiled water.
- Add one level scoop of powder to every 60 mL of water and stir until fully dissolved.
- Always refer to the instructions on the pack, as amounts and mixing instructions can vary between products and brands.



First Foods

CEREAL

Egg-free and wheat-free

Makes 200 mL (1–2 serves)

30 g iron-fortified baby rice cereal

180 mL prepared soy formula

Slowly add the prepared soy formula to the rice cereal until the desired consistency is achieved.

Tip:

- Add puréed apple or mashed banana.
-

PURÉED VEGETABLES

Egg-free and wheat-free

Makes 250 mL

3 carrots or parsnips

350 g sweet potato or pumpkin

120 mL prepared soy formula

Steam or cook vegetables in a small amount of water until soft. Purée in a food processor until smooth. Add the prepared soy formula to the puréed vegetables. Blend until very smooth. Serve warm.





BAKED CUSTARD

Wheat-free

Makes 1 serve

120 mL	prepared soy formula
1	egg yolk
2 tsp	sugar

Whisk the prepared soy formula in a jug with the egg yolk and sugar. Pour to 2 small ramekin dishes. Place the ramekins in a larger dish half-filled with hot water. Place dish in a moderately pre-heated oven (180°C) and bake for 40 minutes or until custard is set. A knife inserted in the centre of the custard should come out clean. Serve warm or cold with puréed fruit.

FRUIT WHIP

Egg-free and wheat-free

Makes 1 serve

½	ripe banana, pear or peeled peach
120 mL	prepared soy formula

Place the fruit and prepared soy formula in a food processor. Blend until smooth and frothy. Pour into a cup. Serve cool.

CHICKEN AND VEGETABLE SOUP

Egg-free and wheat-free

Makes 2–3 serves

125 g	chicken meat, from breast or thigh
½	carrot, peeled
½	stick of celery
120 mL	prepared soy formula

Slice the chicken and chop the carrot and celery. Place in a small saucepan. Pour prepared soy formula over chicken and vegetables. Cover and simmer for 15–20 minutes or until tender. Chop to a fine consistency or purée to desired consistency. Serve warm.

Tip:

- Use pre-cooked chicken to reduce cooking time.

UNSWEETENED EGG CUSTARD

Wheat-free

Makes ½ cup or 1 serve

1	egg yolk
120 mL	prepared soy formula

Whisk the egg yolk and prepared soy formula on the top layer of a double boiler. Stir over simmering water until thickened and smooth. The custard should coat the back of a spoon. Serve warm or cold.

Tip:

- Serve with stewed apples, pears or mashed ripe banana.



Special Occasion Foods



FRUIT POPS

Egg-free and wheat-free

Makes 5 serves

2½ cups	frozen fruit pieces e.g. strawberries, bananas, canned pineapple in natural juice
2 tbsp	desiccated coconut (optional)
½–1 cup	prepared soy formula
	vanilla essence

Blend fruit pieces in food processor with coconut until well whipped. Gradually add enough soy formula to make mixture thick and fluffy. Add vanilla essence to taste. Spoon into icy pole moulds or small waxed paper drinking cups. Insert paddle pop sticks. Freeze until solid.

Tip:

- Use a single fruit or a combination of mixed fruits as desired.

PUFFIN' MUFFINS

Makes 12 large/24 small muffins

1 cup	wholemeal self-raising flour
¼ cup	brown sugar
4 scoops	soy formula powder
¼ tsp	baking soda (optional)
2 tbsp	vegetable oil
½ cup	water
1	egg, beaten

Sift dry ingredients together in a bowl. Make a well in the centre and add oil, water and egg. Mix until just combined (don't over-mix). Spoon mixture into greased muffin trays (fill each only 2/3 full) and bake at 200°C for 20 minutes.

Tip:

- You can add cinnamon, grated carrot and zucchini, sultanas or mashed bananas.

BUBBLE BLOCKS (WHITE CHRISTMAS)

Egg-free and wheat-free

Makes about 18 pieces

125 g	copha®
1½ cups	puffed rice or oat bran cereal
½ cup	desiccated coconut
6 scoops	soy formula powder
½ cup	mixed dried fruit
½ cup	icing sugar, sifted
	few drops vanilla essence

Melt Copha, then remove from heat. In a bowl, combine cereal, coconut, soy formula powder, fruit and sugar, then mix well. Add vanilla essence to Copha, pour over dry ingredients, and mix thoroughly. Press into an 18 cm square tin. Chill until firm, for about 2 hours. Cut into squares or fingers.

Copha® is a registered trademark of Peerless Foods.

TOP TIP

Doubling the recipe will fill a lamington tin.

NOTE

This recipe is recommended for older babies that have mastered finger foods. Always supervise baby while eating rice bubble blocks, as large pieces may break off and pose a choking risk.





PARTY FACE BISCUITS

Makes about 18 biscuits

3 tbsp	milk-free margarine
2 tbsp	caster sugar
1	egg yolk
1 tsp	vanilla essence
½ cup	wholemeal plain flour
½ cup	wholemeal self-raising flour
60 mL	prepared soy formula
½ cup	chopped/diced dried fruits, to decorate

Cream together margarine and sugar until fluffy. Beat in egg yolk and vanilla. Sift together flours and add prepared soy formula; stir into creamed mixture, adding enough water to make a firm dough. Knead gently; wrap and chill for 20 minutes.

Pre-heat oven to 180°C. On a lightly floured surface, roll dough out to 3 mm thickness and cut into 7 cm rounds with floured cutter. Place on lightly greased baking trays. Brush tops lightly with soy formula and use assorted decorations to create faces. Bake for about 12 minutes, until golden brown.

Soup & Vegetables

CREAMED CARROTS

Egg-free

Makes 4 serves

350 g **carrots, peeled and sliced**

350 g **white sauce (see page 22)**

Cook carrots in boiling water until just tender. Drain well. Add white sauce. Stir in carrots and heat through.

Tips:

- Can also be served as a purée – place into blender and blend to desired consistency, depending on your child's stage of development.
- Instead of carrots, you can use other vegetables such as cauliflower, spinach and broccoli.

CREAM OF TOMATO SOUP

Egg-free and wheat-free

Makes 4 serves

10 scoops **soy formula powder**

900 mL **water**

200 g **tomato purée**

25 g **milk-free margarine**

1 tsp **dried basil (optional)**

Mix soy formula powder and water. Blend tomato purée and prepared soy formula together in a saucepan. Heat to boiling point, add margarine and simmer for 5 minutes. Stir in basil and season to taste as desired.



HEARTY CHICKEN SOUP

Egg-free and wheat-free

Makes 4 serves

1	chicken portion
850 mL	water
30 g	milk-free margarine
1	onion, finely chopped
180 mL	prepared soy formula
25 g	short-grain rice
	parsley, chopped

Prepare chicken stock by simmering the chicken in liquid water for 30 minutes. Drain stock from meat and retain liquid. Remove chicken meat from the bone and shred.

Melt margarine and soften onion in another saucepan for 5 minutes. Add chicken stock, chicken meat and rice. Simmer gently until rice is cooked. Add prepared soy formula and season to taste. Bring to the boil. Serve sprinkled with chopped parsley.

Tip:

- Can also be served as a purée – place into blender and blend to desired consistency, depending on your child's stage of development.



MASHED POTATOES

Egg-free and wheat-free

Makes 4 serves

120 mL	prepared soy formula
675 g	potatoes, peeled
50 g	milk-free margarine

Cut potatoes into even-sized pieces. Cover with water and bring to the boil. Cook until tender, usually for 25–30 minutes. Drain well and mash the potatoes. Beat in margarine and prepared soy formula and continue beating until light and fluffy.

POTATO BAKE

Egg-free and wheat-free

Makes 4 serves

700 g	potatoes, peeled
25 g	milk-free margarine
180 mL	prepared soy formula
150 mL	homemade or salt-reduced chicken stock

Pre-heat oven to 150°C. Lightly grease a 1.25 L shallow oven-proof dish. Thinly slice the potatoes and place in the dish, arranging the top layer neatly. Lightly season as desired. Blend in prepared soy formula with the chicken stock and pour over potatoes. Spread sparingly with margarine. Bake uncovered on top shelf of oven for about 2 hours, or until potatoes are tender and top layer has turned golden brown.

TOP TIP

Place a layer of grated carrots (200 g) or a thinly sliced onion in between the two layers of potatoes, and cook as above.

VEGETABLE SOUP

Egg-free and wheat-free

Makes 4 serves

50 g	milk-free margarine
3–4 cups	mixed vegetables, peeled and diced
150 g	tomato purée
500 mL	water
300 mL	prepared soy formula
	lean bacon, chopped and crisply fried to garnish

Melt margarine in a saucepan and stir in vegetables. Cover pan and cook for 5 minutes. Stir in tomato purée and water and bring soup to a boil. Simmer gently until vegetables are tender. Stir in prepared soy formula and season to taste (as desired). Bring the soup to a boil again. Serve sprinkled with crispy bacon.

Tip:

- Can also be served as a purée – place into blender and blend to desired consistency, depending on your child's stage of development.

Main Meals



LASAGNE

Makes 10 serves

- 175 g** fresh lasagne sheets
- 15 g** milk-free margarine
- 1** large onion, chopped
- 125 g** mushrooms
- 1 clove** garlic, crushed
- 450 g** minced beef
- 4** large tomatoes, skinned and chopped
- pepper to taste**

Pre-heat oven to 190°C. Cook lasagne sheets in boiling water for 15 minutes, or use the instant variety. Drain well and rinse under cold water. Melt margarine in a frypan. Add onion and mushrooms, cook until soft. Stir in meat and garlic and cook until brown. Stir in tomatoes and seasoning, then cook uncovered for 15 minutes. Make the white sauce following the method below. Layer the meat, white sauce and fresh lasagne sheets in a shallow 2 L oven-proof dish, finishing up with a layer of white sauce. Bake for 30–45 minutes until brown on top.

WHITE SAUCE

Use with Lasagne (above)

Makes 10 serves

- 25 g** milk-free margarine
- 25 g** plain flour
- 180 mL** prepared soy formula
- 120 mL** water
- ½ tsp** nutmeg

Melt margarine in a pan and add flour. Cook over low heat until it forms a paste. Remove from heat and add prepared soy formula with water while stirring constantly to avoid lumps. Return to heat and cook thoroughly until sauce thickens.

GRAVY

Egg-free and wheat-free

Makes 10 serves

60 mL	pan juices (beef, chicken or turkey)
15 g	pure maize cornflour
240 mL	prepared soy formula
	pepper to taste

Drain fat from pan drippings. Stir in cornflour to pan juices. Set pan over moderate to low heat and stir constantly until smooth. Add prepared soy formula. Cook and stir until smooth.

BEEF STROGANOFF

Egg-free and wheat-free

Makes 12 serves

1	onion, thinly sliced
2 tbsp	milk-free margarine
750 g	beef fillet or rump steak, cut into thin strips
185 g	button mushrooms, thickly sliced
2–3 scoops	soy formula powder
3 tsp	cornflour
1 tsp	dry mustard
½ cup	water
1 cup	salt-reduced beef stock or broth

In a heavy frying pan, sauté the onion in margarine until golden. Add beef strips and sauté, stirring until lightly browned. Add mushrooms and cook for 2 minutes. Remove from heat, cover and keep warm.

In a small saucepan, mix soy formula powder, cornflour and mustard in water. Add stock and put on heat, stirring until sauce thickens and bubbles. Pour into meat mixture and heat through, stirring. Serve immediately with potatoes or rice.



SHEPHERD'S PIE

Egg-free and wheat-free

Makes 10 serves

1 tbsp	vegetable oil
500 g	minced steak
1	large onion, chopped
1	carrot, diced
1 tbsp	tomato purée
150 mL	water
½	beef stock cube
700 g	potatoes
50 g	milk-free margarine
120 mL	prepared soy formula
	parsley or watercress to garnish

Heat oil in a saucepan and cook meat until brown. Add onion, carrot, tomato purée, water and beef stock. Cover and simmer for about 30 minutes.

Boil the potatoes until tender, then mash them with margarine and prepared soy formula. Place cooked meat mixture in greased, oven-proof dish. Cover with mashed potato and create an attractive pattern with a fork. Place under a hot grill until golden and crisp on the top. Garnish with sprigs of parsley or watercress.

MEATLOAF

Makes 10–12 serves

450 g	lean minced beef
50 g	fresh white or wholemeal breadcrumbs (milk-free)
120 mL	prepared soy formula
1	egg, beaten
1	small onion, finely chopped
1 tbsp	tomato purée
	pepper to taste

Pre-heat oven to 180°C. Put all ingredients in a large bowl and mix thoroughly together. Spoon mixture into a 500 g loaf tin lined with baking paper and level the top. Bake for 1–1.5 hours. Leave to stand at room temperature for 5 minutes, then pour off and discard excess fat. Loosen loaf from tin and turn it out. May be served hot or cold.

TOP TIP

For variation, try:

- **German meatloaf** – prepare as above but add ½ level teaspoon caraway seeds to the mixture; serve hot.
- **Curried meatloaf** – prepare as above but add: 175 g apple, peeled, cored and grated; 50 g celery, finely chopped; and 1 tablespoon curry powder.
- **Filled meatloaf** – prepare as above but only spread ½ the mixture in the loaf tin to start. Top with one of the fillings suggested below, then finish with the remaining meat mixture. Cook and serve as for meatloaf. Examples of fillings:
 - o 4 or 5 whole mushrooms
 - o 125 g finely chopped mushrooms
 - o packet of frozen spinach, thawed and drained
 - o hard-boiled eggs



MEAT RISsoles

Egg-free (optional)

Makes 4 serves

40 g	milk-free margarine
75 g	plain flour, plus extra for coating
5 scoops	soy formula powder
200 mL	water
225 g	cooked minced meat (lamb, chicken, beef or pork)
1	small onion, finely chopped
1	small bunch parsley, finely chopped
	pepper to taste
1	egg, beaten (optional, see tip below)
	breadcrumbs for coating (milk-free)
	oil for frying

Melt margarine in a saucepan, add flour and cook for 2 minutes. Mix soy formula powder and water. Remove pan from heat and slowly add prepared soy formula a little at a time, using a whisk and beating well after each addition. Return pan to heat and bring to the boil, then simmer until thickened. Stir in cooked minced meat, onion, parsley and seasoning. Mix well. Leave mixture to go completely cold. Divide mixture into 8 equal portions and shape them into rissoles. Coat rissoles in flour, dip in egg and coat with breadcrumbs. Shallow fry in oil.

Tip:

- May be made egg-free by dipping in prepared soy formula instead of egg before coating with breadcrumbs and frying.

MOUSSAKA

Egg-free (optional)

Makes 10 serves

2 tbsp	vegetable oil
1	large onion, chopped
1	clove garlic, crushed
450 g	cooked minced meat (lamb or beef)
300 g	potatoes, peeled and thinly sliced
2	eggplants, washed and thinly sliced
450 g	tomatoes, skinned and sliced
	pepper to taste

Sauce:

25 g	milk-free margarine
25 g	plain flour
3 scoops	soy formula powder
300 mL	water
1	egg (optional)

Pre-heat oven to 190°C. Heat oil in frying pan. Add the onion and garlic. Cook for 5 minutes. Stir in lamb or beef and cook for a further 5 minutes until well browned. Remove pan from heat.

Make sauce using the method for basic white sauce on page 31. Leave sauce to cool down. Arrange half the potato slices in the bottom of a deep, oven proof dish. Add a layer each of eggplant, tomatoes and meat, seasoning each layer. Finish with a layer of potatoes. Bake for 35 minutes.

Beat egg (if using) into sauce, and spoon over the potato slices. Return dish to oven for a further 25 minutes or until the topping is set and brown.

SAVOURY PANCAKES

Makes 6–8 serves (10–15 pancakes)

500 mL	water
5 scoops	soy formula powder
2	eggs
230 g	plain flour
1 tbsp	baking powder
	pinch of pepper
	parsley or watercress to garnish

Measure water into a bowl; add soy formula powder and mix, then beat in the eggs. In a separate bowl, mix flour, baking powder, and pepper, and make a well in the centre. Pour in the prepared soy formula mixture, beating to a smooth batter.

To make pancakes, heat a little oil in a 20 cm frying pan until very hot. Pour a little batter into the pan, moving the pan about until the base is covered with a thin layer of batter. Cook over medium heat until golden brown. Flip the pancake and cook other side until golden. Repeat, lightly oiling the pan occasionally until batter is used. Keep pancakes warm between two plates in a warm oven.

Heat filling (see top tip) and spread it onto the pancakes in a long strip across the centre of each. Roll up and place on a large warmed serving dish. Garnish with parsley or watercress.

TOP TIP

For filling options, try:

- **Beef** – make the meat mixture for shepherd's pie, omitting the potatoes (see page 24).
- **Seafood** – prepare the recipe for basic white sauce (see page 31) and stir in fried onions, mushrooms and cooked, flaked white fish.

FISH CAKES

Egg-free (optional)

Makes 4 serves

40 g	milk-free margarine
75 g	wholemeal flour, plus extra flour for coating
300 mL	prepared soy formula
225 g	cooked, flaked fish such as canned tuna or salmon
1	small onion, finely chopped
1	small bunch parsley, finely chopped
	pepper to taste
1	egg, beaten (optional, see tip below)
	wholemeal breadcrumbs (milk-free)
	oil for frying

Melt margarine in a saucepan, add flour and cook for 2 minutes. Remove pan from heat and slowly add prepared soy formula a little at a time, blending well after each addition. Return pan to heat and bring to the boil, then simmer until thickened. Stir in fish, onion, parsley and seasoning. Mix well. Cool mixture completely. Divide mixture into 8 equal portions and shape them into rissoles. Coat rissoles in flour, dip in egg and coat with breadcrumbs. Shallow fry in oil.

Tip:

- Can be made egg-free by dipping in prepared soy formula instead of egg before coating with breadcrumbs and frying.





TUNA CASSEROLE

Makes 4 serves

50 g	milk-free margarine
1	large onion, chopped
125 g	mushrooms, sliced
400 g	canned tomatoes
200 g	canned tuna
175 g	macaroni
3 scoops	soy formula powder
300 mL	water
2 tbsp	cornflour
	pepper to taste

Pre-heat oven to 190°C. Melt margarine. Add onion and cook until soft. Add mushrooms and cook for 1 minute. Stir in tomatoes and tuna, and simmer for 15 minutes. Season to taste. Cook macaroni as directed on packet and drain. Put half of the tuna mixture in the bottom of a greased casserole dish. Cover with half the macaroni. Put the rest of the tuna mixture on top and finish with the rest of the macaroni.

Mix soy formula powder and water. Mix cornflour with prepared soy formula in a saucepan and heat, stirring constantly until thickened. Season to taste. Pour the sauce over the tuna and macaroni and bake for 30–40 minutes.

BASIC WHITE SAUCE

Egg-free (optional)

Makes about 1 cup

15 g **milk-free margarine**
240 mL **prepared soy formula**
 pepper to taste

Thickening agent (use ONE of the following only):

15 g **wheat flour**
30 g **rye flour**
15 g **cornflour**
10 g **arrowroot**
10 g **rice flour**

Melt margarine, add thickening agent and pepper. Cook over low heat. Add prepared soy formula and using a whisk, stir constantly to avoid lumps. Cook thoroughly until sauce thickens.

Tip:

- Can be used in cream soups.
-

SWEET POTATO CASSEROLE

Wheat-free

Makes 6 serves

750 g **cooked sweet potatoes**
125 g **milk-free margarine**
2 **eggs, well beaten**
2 tsp **vanilla essence**
60 mL **prepared soy formula**

Combine sweet potatoes, margarine, eggs, vanilla essence and prepared soy formula. Blend thoroughly. Spoon into a casserole dish. Bake for 25 minutes at 180°C.

BACON AND ONION QUICHE

Makes 6 serves

Pastry case:

200 g	plain flour
80 g	milk-free margarine
	water

Filling:

4	short cut rashers of rindless bacon, chopped
1	large onion, chopped
1 tsp	oil for frying
2	eggs
180 mL	prepared soy formula

Pre-heat oven to 190°C. Prepare pastry by rubbing margarine into flour. Add just enough water to form a manageable dough. Roll out the dough and line a 20 cm flan ring. Blind bake for 20–35 minutes (see note).

Fry bacon and onion in oil for 5 minutes. Place cooked bacon and onion in pastry case. Beat together eggs and prepared soy formula. Pour over bacon and onion. Bake for 25–30 minutes.

TOP TIP

For variation, try:

- **Mushroom quiche** – add 125 g chopped mushrooms instead of bacon; fry in 40 g milk-free margarine.
- **Quiche piperade** – add a sliced green capsicum instead of bacon; cook in 40 g milk-free margarine.
- **Smoked fish quiche** – add 225 g smoked fish and 50 g sliced mushrooms instead of bacon; poach fish in water, flake and mix with mushrooms.

NOTE

Blind bake pastry by lining pastry with baking paper and using 1 cup of dried peas as a weight.

Desserts

SWEET PANCAKES

Makes 4–6 serves (12–14 pancakes)

Batter:

4 scoops	soy formula powder
350 mL	water
1	egg
125 g	plain wholemeal flour
½ tsp	baking powder
	oil for frying
	soy yoghurt or mock cream (see page 35) to serve

Filling:

1	large cooking apple
2 tbsp	soft brown sugar
1 tsp	lemon juice
50 g	raisins
½ tsp	cinnamon



Mix soy formula powder and water, then add egg. Sift flour and baking powder into a separate bowl. Make a well in the centre and pour in prepared soy formula mixture. Beat until smooth.

To make pancakes, heat a little oil in a frying pan until very hot, and pour a little batter into pan to cover the base. Cook on both sides. Keep pancakes warm between two plates in a warm oven, or over a pan of simmering water.

For the filling, peel and grate the apple and mix with sugar, lemon juice, raisins and cinnamon. To serve, place a spoonful of apple mixture in the centre of each pancake and fold pancake around it. Repeat with the rest of the pancakes and serve with soy yoghurt or mock cream.

TOP TIP

For variation, try:

- Replace filling with any stewed or fresh fruit.
- Instead of using a filling, simply add a squeeze of lemon or orange juice and a sprinkling of sugar.

LEMON SURPRISE

Makes 4–6 serves

50 g	milk-free margarine
75 g	caster sugar
2	eggs, separated
	rind and juice of 1 lemon
50 g	plain flour
1 tsp	baking powder
300 mL	prepared soy formula



Pre-heat oven to 180°C. Cream margarine, sugar and egg yolks together. Stir in lemon rind and juice, then beat in sifted flour and baking powder. Slowly stir in prepared soy formula. Whisk egg whites until stiff and fold into pudding mixture. Pour into a greased 1.5 L dish and stand in a roasting tin containing enough cold water to come halfway up the side of the dish. Bake for 25–35 minutes in centre of the oven. Serve immediately.

Tip:

- Substitute rind and juice of lemon with rind and juice of an orange.

MOCK CREAM

Egg-free and wheat free

Makes about 400 mL or 10 serves

200 mL	water
3 scoops	soy formula powder
1 tbsp	pure maize cornflour
200 g	milk-free margarine
100 g	icing sugar
2 tsp	vanilla essence

Measure water into a small saucepan. Add soy formula powder and cornflour. Whisk over heat until sauce boils and thickens. Cool. Cream margarine and sugar with vanilla. Gradually beat in the prepared soy formula mixture and continue beating until well blended.

Tip:

- Use to fill and ice cakes.
- Use to accompany steamed puddings.

CUSTARD

Wheat-free

Makes 4–6 serves

600 mL	prepared soy formula
2	eggs
2 tbsp	sugar
½ tsp	vanilla essence

Heat prepared soy formula in a saucepan until warm. Beat eggs and sugar together in a separate bowl, then pour warmed prepared soy formula over eggs. Mix, then return to saucepan and heat very gently to avoid curdling. Stir continuously until mixture thinly coats the back of a metal spoon. Add vanilla essence and mix well. This makes thin pouring custard.

TOP TIP

If a thicker consistency is preferred, blend 1 tbsp cornflour with the soy formula powder and cold water; bring to the boil, stirring, then cool slightly and proceed with the recipe.



VANILLA ICE CREAM

Wheat-free

Makes 3 serves

6 scoops	soy formula powder
250 mL	water
1–2 tbsp	honey* or raw sugar
2	egg yolks
1	vanilla bean or 1 tsp vanilla essence

Whisk the soy formula powder in the top half of a double boiler with the water, honey or sugar and egg yolks. Add the vanilla bean. Stir over simmering water until the mixture thickens, forming a custard. The custard should just coat the back of a spoon. Remove the vanilla bean and rinse. Reserve to use again.

Cover the custard with plastic wrap right to the surface of the custard and chill. When cold, pour into an ice cream tray and freeze until the mixture just starts to freeze at the edges. Remove and beat until smooth. Return to the freezer until firm. Remove from the freezer and place in refrigerator for 10 minutes before serving.

*Honey should not be offered to infants under 12 months.





SOY ICE CREAM

Egg-free and wheat-free

Makes 4 serves

2 tsp	plain gelatine
2 tbsp	arrowroot
500 mL	prepared soy formula
1 tbsp	milk-free margarine
2–4 tsp	honey*
1 tsp	vanilla essence

In a saucepan, mix gelatine and arrowroot with a little of the prepared soy formula first, then stir in remaining prepared soy formula. Stir constantly over heat until slightly thickened. Add margarine, honey and essence; stir until blended. Cool. Freeze mixture in a metal container until almost firm. Beat with electric mixer until smooth (see top tip). Return to freezer until firm. Use within 2 days for best results.

TOP TIP

For variation, try:

- **Beat in 1 cup puréed ripe strawberries, mango or apricots with 1 tsp grated orange peel.**
- **Beat in puréed apples with a pinch each of ground cloves, nutmeg and cinnamon.**

*Honey should not be offered to infants under 12 months.



RICE PUDDING

Egg-free and wheat-free

Makes 4 serves

	milk-free margarine
40 g	rice (short grain)
600 mL	prepared soy formula
1	dessert spoon sugar
	grated nutmeg

Pre-heat oven to 180°C. Grease a 1 L pie dish with milk-free margarine. Wash rice and place in the pie dish. Add prepared soy formula and sugar and stir well. Bake in oven for 1.5–2 hours. Sprinkle with nutmeg before serving.

Tip:

- Instead of rice, the pudding can also be made using tapioca, sago, ground rice or semolina.

TOP TIP

For variation, try:

- **Orange or lemon pudding** – add the grated rind of an orange or lemon to the mixture before baking.
- **Jamaican pudding** – add 1 tsp mixed spice and 50 g raisins to the mixture before baking.

TRIFLE

Egg-free (optional)

Makes 6–8 serves

18 cm	basic butter cake, prepared using half the quantities and the method on page 51
	raspberry jam
400 g	tinned raspberries or other berry fruit, drained
1 packet	raspberry jelly
350 mL	custard, prepared using half the quantities and the method on page 36
	mock cream (see page 35)

Spread cake with jam and cut into 2 cm cubes. Place in a glass serving dish. Arrange fruit over cake. Make up jelly as per the instructions on the packet and let it set. Meanwhile, make custard and leave to go cold. Roughly chop the set jelly and arrange over fruit. Pour custard over jelly and decorate with mock cream.

Tip:

- Can be made egg-free using egg-free cake and custard prepared with an egg-free commercial custard powder.

TOP TIP

For variation, try:

- Use any fruit and/or appropriate flavoured jelly or 'no added sugar' fruit gels.





EGG CUSTARD TART

Makes 6–8 serves

Pastry case:

175 g	plain flour
80 g	milk-free margarine
1 tbsp	cold water

Filling:

600 mL	prepared soy formula
4	eggs
4 tbsp	caster sugar
	grated nutmeg

To make the pastry, sift flour and then rub in margarine. Add water and knead lightly on a floured board. Form into a ball and chill for 30 minutes. Roll out pastry and line a 20 cm pie dish. Chill while making filling.

Whisk eggs and sugar into the prepared formula. Pour into pastry-lined case and sprinkle with nutmeg. Bake in a hot oven (200°C) for 10 minutes. Lower heat to moderate (180°C) and bake for a further 50–60 minutes or until custard is set. Serve warm or cold.

Tip:

- Decorate with fresh berries or tinned fruit such as peaches or pears.

APRICOT COCONUT BAKE

Egg-free and wheat-free

Makes 6–8 serves

1 cup	soy flour
3 scoops	soy formula powder
2 tsp	cream of tartar
1 tsp	bicarbonate of soda
1 cup	desiccated coconut
425 g	canned apricot halves in natural juice
½ cup	vegetable oil
¼ cup	water
2 drops	almond essence
1 tbsp	honey*

Pre-heat oven to 180°C. Sift together flour, soy formula powder, cream of tartar and bicarbonate of soda; stir in coconut. Drain fruit, reserving juice. Combine juice, oil, water, almond essence and honey; add to dry ingredients and mix well until moistened. Fold in fruit. Turn mixture into a greased 28 cm x 18 cm biscuit slice tin. Bake until firm and well browned, 40–45 minutes. Cool slightly. Serve with mock cream (see page 35).

*Honey should not be offered to infants under 12 months.



SPICY BREAD PUDDING

Makes 6 serves

25 g	milk-free margarine
50 g	soft brown sugar
1 tsp	mixed spice
8 slices	milk-free bread with crusts removed (brown or white)
100 g	raisins
2	eggs
420 mL	prepared soy formula

Mix margarine with sugar and spice. Spread bread with this mixture. Cut into triangles. Place a layer of bread in the bottom of a greased 1.25 L oven-proof dish and sprinkle with some of the raisins. Continue layering, ending with a layer of bread. Whisk eggs into the prepared soy formula. Pour over the bread, leave to stand for 15 minutes, and bake in a 180°C oven for 30 minutes.

Tip:

- Decorate with fresh berries or tinned fruit such as peaches or pears.

TOP TIP

Spread the bread with margarine and then marmalade, and proceed as above, leaving out the raisins and mixed spice.





STEAMED CHOCOLATE PUDDING

Makes 6–8 serves

3 scoops	soy formula powder
100 mL	water
1	egg
125 g	milk-free margarine
60 g	caster sugar
150 g	self-raising flour
25 g	cocoa powder
1 tsp	baking powder

Mix soy formula powder and water, then beat in egg. In a separate bowl, cream together margarine and sugar until light and fluffy; gradually beat in soy formula mixture, beating well after each addition. Add 1 tbsp of the flour between additions to avoid curdling. Sift remaining flour with cocoa and baking powder, and fold into the creamed mixture.

Pour into a greased 1.5 L pudding basin. Cover with greased baking paper and tie a cloth over the top. Place in a large pan containing enough boiling water to come halfway up the side of the basin. Cover and boil over moderate heat for 1.5 hours, making sure the pan does not boil dry. Turn pudding out and serve with hot custard.

Tip:

- A small circle of greased greaseproof paper placed in the bottom of the pudding basin will help the pudding turn out.

Breads, Cakes, Biscuits & Sweets

BREAD

Egg-free

Makes 15 slices

7 scoops	soy formula powder
400 mL	lukewarm water
25 g	dry yeast
1 tsp	sugar
25 g	milk-free margarine
650 g	plain flour

Mix soy formula powder and water. Combine yeast with sugar, then mix in 150 mL of the prepared soy formula. Leave in a warm place for 5–10 minutes until frothy. Stir in remaining prepared soy formula.

Rub margarine into flour and mix in the soy formula/yeast mixture to form soft dough. Turn dough onto a floured surface and knead for 5 minutes. Place in a greased bowl, turn dough over so greasy side is up and cover with a clean, damp tea towel (or clear plastic wrap). Leave to rise in a warm place for 1 hour or until it doubles in size (proving).

Divide dough into 2 equal pieces and knead until smooth. Shape and put into 2 greased loaf tins and leave to rise for a further 30–45 minutes. Meanwhile, pre-heat oven to 200°C. Bake loaves for 30–45 minutes until golden brown and hollow sounding when tapped. Remove loaves from tins and leave to cool on a wire rack.

TOP TIP

For variation, try:

- **Herb bread** – knead 2 tbsp chopped fresh herbs into the dough.
- **Brown bread** – use 300 g white and 350 g wholemeal flour.
- **Fruit teacakes** – add 75 g raisins to the dough mixture and form into teacakes before proving.
- **Bread rolls** – divide dough into 50 g pieces and form into rolls; leave them to rise as above and bake for 15–20 minutes at 200°C (makes approx. 20 rolls).

GINGERBREAD

Makes 10–12 serves

4 scoops	soy formula powder
100 mL	water
1	egg
75 g	milk-free margarine
50 g	soft brown sugar
125 g	golden syrup
250 g	plain flour
2 tsp	baking powder
1 tsp	ground ginger
½ tsp	bicarbonate of soda

Grease a small loaf tin (21 cm x 11 cm) and line base with a strip of greased baking paper. Set oven temperature to 180°C. Mix soy formula powder with water and beat in egg. Put margarine, sugar and golden syrup into saucepan and heat until margarine has melted. Do not allow to boil. Cool the mixture.

Sift flour, baking powder, ginger and bicarbonate of soda. Add golden syrup mixture and prepared soy formula. Mix thoroughly. Pour into prepared tin and bake for 50–60 minutes. Turn out and cool on a wire rack.

TOP TIP

For variation, try:

- **Fruit gingerbread** – add the grated rind of 1 orange and 50 g raisins to the dry ingredients.

RUSKS

Makes 20–25 rusks

- 2 cups** plain flour (try substituting half with wholemeal flour to increase the fibre)
- 2 tbsp** milk-free margarine
- ½ cup** prepared soy formula

Sift flour and rub in margarine with your fingertips until the mixture looks like fine breadcrumbs. Mix with the soy formula to form soft dough. Turn onto floured board and knead. Roll out dough into long, thin rolls and cut lengthwise into pieces long enough for baby to hold. Place on a lightly greased tray and bake in a moderate oven (180°C) for 20 minutes. Turn rusks over and bake until crisp and dried out.

Store in an airtight container.

NOTE

Supervise baby while eating rusks, as large pieces may break off and pose a choking risk.

VANILLA ICING

Egg-free and wheat-free

Makes ½ cup

- 1 scoop** soy formula powder
- 50 mL** water
- 30 g** milk-free margarine
- 350 g** sifted icing sugar
- 1 tsp** vanilla essence

Mix soy formula powder and water in a small saucepan. Add margarine and heat until melted. Combine sugar, prepared soy formula and vanilla in a mixing bowl and stir until thoroughly combined. Use to ice cakes. Store in an airtight container.

SCONES

Egg-free

Makes 9 serves

4 scoops	soy formula powder
200 mL	water
350 g	self-raising flour
	pinch of salt
1 tsp	baking powder
50 g	milk-free margarine
1–2 tbsp	caster sugar

Pre heat oven to 220°C. Mix soy formula powder and water. Set aside 1 tablespoon of mixture to brush the tops of the scones. Sift flour, salt and baking powder into a bowl, then rub in margarine. Stir in the sugar. Make a well in the centre and add the prepared soy formula. Form into soft dough. Turn out onto a floured surface and knead quickly and lightly. Roll dough out to about 2 cm thick and cut into 5 cm rounds. Place on a greased baking tray and brush with reserved prepared soy formula. Bake for 8–10 minutes. Cool on a wire rack.

TOP TIP

For variation, try:

- **Fruit scones** – prepare the scones as above but add 50 g currants, sultanas, raisins, chopped dates or mixed dried fruit to the dry ingredients before stirring in the liquid.
- **Bacon scones** – leave out the sugar and mix in 50 g chopped, crispy fried bacon into the dry ingredients before adding liquid.
- **Wholemeal scone round** – prepare dough as above but replace self-raising flour with 300 g wholemeal plain flour and 50 g plain flour, and increase the baking powder to 6 tsp; shape dough into a 15 cm round shape, place on a baking tray and mark into eight wedges with a floured knife; bake for 15 minutes at 220°C.

EGGLESS CAKE

Egg-free

Makes 2 loaves

3 scoops	soy formula powder
200 mL	water
125 g	milk-free margarine
125 g	caster sugar
1 tbsp	golden syrup
230 g	self-raising flour

Pre-heat oven to 190°C. Mix soy formula powder and water. In a separate bowl, cream margarine, sugar and syrup together. Stir in the flour and then slowly beat in the prepared soy formula. Beat well until a smooth batter is formed. Pour into two 18 cm greased and lined sandwich tins. Bake for 25–30 minutes. Turn out onto a wire rack and cool. Decorate as desired.

HONEY BREAD

Makes 1 loaf

10 scoops	soy formula powder
250 mL	water
250 g	plain flour
1 tsp	baking powder
1 tsp	bicarbonate of soda
100 g	caster sugar
½ tsp	cinnamon
½ tsp	nutmeg
125 mL	(½ cup) honey
1	egg

Mix soy formula powder and water together. Sift all dry ingredients into a bowl. Add prepared soy formula, honey and egg. Stir until smooth, then beat with an electric mixer for 3 minutes. Pour into a 22 cm x 12 cm greased loaf tin and bake at 180°C for about 50 minutes.

NOTE

Honey should not be offered to infants under 12 months.

BASIC BUTTER CAKE

Makes 2 loaves

3 scoops	soy formula powder
150 mL	water
125 g	caster sugar
125 g	milk-free margarine
2	eggs
250 g	self-raising flour

Pre-heat oven to 180°C. Grease two 18 cm sandwich tins and line bases with circles of greased baking paper. Mix soy formula powder and water. Cream together sugar and margarine. Beat in eggs, one at a time. Sift flour and fold into creamed mixture, alternating with the prepared soy formula. Divide between prepared tins and bake for 25–30 minutes or until a skewer inserted in centre of cake comes out clean. Turn out onto a wire tray and leave to cool. Fill with jam or mock cream.

TOP TIP

For variation, try:

- **Fairy cakes** – spoon mixture into paper cups and bake in a hot oven at 200°C for 12–15 minutes.
- **Chocolate cake** – replace 25 g flour with 25 g cocoa.
- **Orange or lemon cake** – add the grated rind of an orange or lemon to the cake mixture.





PIKELETS

Makes 15–20 pikelets

3 scoops	soy formula powder
200 mL	water
1	egg
125 g	self-raising flour
25 g	sugar
	vegetable oil

Mix soy formula powder and water. Beat in egg. Mix flour and sugar in a separate bowl. Add prepared soy formula mixture and beat well until smooth. Heat a heavy-based frying pan or griddle, and brush it very lightly with vegetable oil. Drop 1 tbsp of batter into pan. When bubbles form on the surface, turn pikelets and cook for a further minute until golden brown. Remove and keep warm.

DAMPER

Egg-free

Makes 1 loaf

2 cups	white self-raising flour
1 cup	wholemeal self-raising flour
5 scoops	soy formula powder
2 tsp	sugar
½ tsp	salt
1 tbsp	milk-free margarine
300 mL	water

Pre-heat oven to 200°C. Sift together flours, soy formula powder, sugar and salt. Rub in margarine. Make a well in the centre of dry ingredients and add water. Quickly mix into soft dough. Turn out onto floured board and knead gently. Pat into a round shape about 5 cm thick. Place on greased tray and mark, if desired, into 4 or 6 wedges with a knife, cutting 1 cm into the dough. Bake for 15 minutes. Turn oven down to 180°C and bake for a further 15 minutes until golden brown. Serve warm.

CORN MUFFINS

Makes 12 muffins

5 scoops	soy formula powder
250 mL	water
1	egg
60 mL	oil
120 g	cornmeal
120 g	plain flour
4 tsp	baking powder
30 g	sugar

Mix soy formula powder and water. In a separate bowl, beat egg and oil. Combine cornmeal, flour, baking powder and sugar, and add to egg mixture. Add prepared soy formula mixture and beat until smooth. Pour into greased muffin tins and bake for 25 minutes at 220°C. Serve warm.



CHOCOLATE CAKE

Wheat-free

Makes 12 slices

¾ cup	soy flour
3 scoops	soy formula powder
2 tbsp	cocoa powder
2 tsp	baking powder
¾ cup	finely ground oatmeal
⅔ cup	caster sugar
125 g	milk-free margarine, melted
2	eggs
¾ cup	water
1 tsp	vanilla essence

Pre-heat to 180°C. Sift together soy flour, soy formula powder, cocoa and baking powder; stir in oatmeal and sugar. Make a well in centre of dry ingredients; add melted margarine, eggs, water and vanilla essence. Beat with an electric mixer at medium speed for 3 minutes. Pour into a greased 20 cm deep round cake tin. Bake for 40–45 minutes until cake is firm and pulls from side of tin. Cool completely before removing from tin.



MELTING MOMENTS

Egg-free

Makes 4 serves

75 g	milk-free margarine
25 g	caster sugar
50 g	plain flour
50 g	cornflour
1 tsp	baking powder
	prepared soy formula

Pre-heat oven to 190°C. Mix margarine and sugar together until smooth. Add flour, cornflour and baking powder, and enough prepared soy formula to make a soft dough. Place heaped teaspoons of the mixture onto a greased baking tray. Bake for 20 minutes.

TOP TIP

For variation, try:

- **Chocolate biscuits** – use 15 g cocoa powder to replace 15 g flour.
- **Orange or lemon biscuits** – add the grated rind of an orange or lemon to the mixture.
- **Currant spice biscuits** – add 50 g currants and ½ teaspoon mixed spice to the mixture.

CARROT OR PUMPKIN RING CAKE

Makes 10–12 serves

2 cups	plain flour
3 scoops	soy formula powder
2 tsp	cream of tartar
1½ tsp	mixed spice
1 tsp	bicarbonate of soda
2	eggs
½ cup	vegetable oil
½ cup	water
1–2 tbsp	honey,* as desired
1 cup	grated carrot or mashed, cooked pumpkin
1 cup	desiccated coconut or ½ cup sultanas

Pre-heat oven to 180°C. Thoroughly stir together flour, soy formula powder, cream of tartar, spice and bicarbonate of soda. Set aside. In mixing bowl, beat eggs with electric mixer for 5 minutes until very thick and frothy. Add oil, water and honey; mix well. Add dry ingredients and beat until well blended. Fold in carrot or pumpkin, and coconut or sultanas. Pour batter into a well-greased 20–23 cm ring cake tin. Bake until firm and browned for about 45 minutes.

*Honey should not be offered to infants under 12 months.





SESAME, HERB AND ONION SNACKS

Egg-free

Makes 24 snacks

1½ cups	wholemeal or white self-raising flour
4 scoops	soy formula powder
½ tsp	bicarbonate of soda
¼ tsp	pepper
⅓ cup	sesame seeds (lightly toasted, if desired)
2 tbsp	milk-free margarine
1	small onion, finely chopped
¼ cup	parsley, chopped
1 tsp	dried dill
2 tsp	lemon juice
1 cup	water

Pre-heat oven to 200°C. Sift together flour, soy formula powder and bicarbonate of soda. Stir in pepper and sesame seeds. Melt margarine in small saucepan; remove from heat and stir in onion, parsley, dill, lemon juice and water. Pour mixture into dry ingredients. Quickly stir until just moistened (a few lumps are ok). Spoon batter into lightly oiled patty tins, filling 2/3 full. Bake 15–18 minutes until firm and golden brown. Briefly cool before removing from tin. Serve warm with soup.

OATMEAL BISCUITS

Egg-free

Makes approx. 5 dozen cookies

120 g	milk-free margarine
100 g	brown sugar
50 g	white sugar
1 tsp	vanilla essence
120 mL	prepared soy formula
120 g	plain flour
½ tsp	bicarbonate of soda
2 tsp	cinnamon
270 g	rolled oats
150 g	raisins

Cream margarine and both sugars together until smooth. Add vanilla and gradually beat in prepared soy formula (mixture may curdle). In a separate bowl sift flour, bicarbonate of soda and cinnamon. Add to creamed mixture. When well blended, stir in oats and raisins. Drop rounded teaspoonfuls onto greased cookie sheets. Bake at 180°C for 15–20 minutes or until brown around the edges.





APPLE TEA CAKE

Wheat-free

Makes 10–12 serves

1 tbsp	milk-free margarine
1 tbsp	honey*
2	eggs
1–2 tsp	vanilla essence
½ cup	brown rice flour (or soy flour)
½ cup	rice bran
4 scoops	soy formula powder
1 tsp	cream of tartar
½ tsp	bicarbonate of soda
100 mL	water
1	apple, peeled, cored and grated
	ground cinnamon and nutmeg

Pre-heat oven to 190°C. In a bowl, cream margarine with honey until fluffy. Beat in eggs and vanilla essence. In a separate bowl, thoroughly stir together flour, bran, soy formula powder, cream of tartar and bicarbonate of soda. Add the dry mix to the honey mixture, alternating with small amounts of water, mixing quickly and evenly. Spread into greased, lined 18 cm sandwich tin. Scatter apple evenly over top and sprinkle lightly with spices. Bake until firm and well browned for about 40 minutes. Serve warm with a favourite spread.

*Honey should not be offered to infants under 12 months.

CARROT AND ZUCCHINI MUFFINS

Makes 24 muffins

2 cups	wholemeal self-raising flour
½ cup	packed brown sugar
4 scoops	soy formula powder
1 tsp	cinnamon
½ tsp	bicarbonate of soda
1 cup	grated peeled carrot
1 cup	grated unpeeled zucchini
½ cup	finely chopped sultanas
2	eggs
90 g	milk-free margarine, melted
¾ cup	water

Pre-heat oven to 200°C. In a bowl, sift flour, brown sugar, soy formula powder, cinnamon and bicarbonate of soda. Mix in carrot, zucchini and sultanas. Make a well in centre of dry ingredients; add eggs, margarine and water. Quickly mix until just moistened (a few lumps are ok). Spoon batter into oiled standard muffin tins, filling 2/3 full. Bake for 20–25 minutes or until firm and browned. Briefly cool in tins before removing. Serve warm.





WHOLEMEAL MUESLI CRUNCHIES

Egg-free

Makes 36–40 biscuits

60 g	milk-free margarine
1 tbsp	golden syrup
½ tsp	bicarbonate of soda
2 tbsp	boiling water
1 cup	muesli mix
1 cup	white or wholemeal plain flour
4 scoops	soy formula powder
½ cup	packed brown sugar
½ cup	chopped pitted dates

Pre-heat oven to 180°C. In a small saucepan, melt margarine with golden syrup. In a separate bowl, mix bicarbonate of soda with boiling water; pour into syrup mixture and stir well. In a mixing bowl, thoroughly stir together muesli, flour, soy formula powder, brown sugar and dates. Add syrup mixture and mix well until blended. Shape into walnut-sized balls; arrange on lightly greased baking trays. Bake for about 15 minutes until pale golden and firm. Briefly cool on trays before removing.

BANANA DATE LOAF

Makes 10–12 serves

1 cup	bran cereal (soaked overnight in 1 cup of water)
¼ cup	packed brown sugar
2	ripe bananas, mashed
1	egg
1 cup	white self-raising flour
½ cup	wholemeal self-raising flour
4 scoops	soy formula powder
1 tsp	bicarbonate of soda
½ tsp	mixed spice (optional)
¾ cup	chopped pitted dates or raisins

Pre-heat oven to 180°C. Combine bran cereal, brown sugar, bananas and egg in a bowl and mix well. Sift together flours, soy formula powder, bicarbonate of soda and spice if desired; add banana to mixture and beat until well blended. Fold in dates or raisins. Pour batter into a greased and lined 21 cm x 7 cm deep loaf tin. Bake for 50–60 minutes until well browned and firm.



Beverages

CREAMY VANILLA BEVERAGE

Egg-free and wheat-free

Makes 1 serve

6 scoops **soy formula powder**

250 mL **water**

½ tsp **vanilla essence**

Mix thoroughly. Chill and drink.

BERRY SMOOTHIE

Egg-free and wheat-free

Makes 4 serves

1 cup **puréed fresh berries**

1 tbsp **lemon juice**

1 tsp **honey,* as required**

3 cups **prepared soy formula, well chilled**

Place all ingredients in electric blender. Cover and blend until frothy. Pour into tall glasses and serve at once.

*Honey should not be offered to infants under 12 months.



CAROB OR COCOA SHAKE

Egg-free and wheat-free

Makes 1 serve

2 tsp	carob or cocoa powder, as desired
1 tbsp	cold water
1 cup	prepared soy formula, well chilled vanilla essence and nutmeg

In a small cup, blend powder and water to a paste. Add to prepared soy formula in electric blender. Flavour with vanilla and spice. Cover and blend until frothy. Serve immediately.

TOP TIP

For variation, try:

- **Choc banana shake** – blend in a few pieces of ripe banana.

CREAMY BANANA SMOOTHIE

Egg-free and wheat-free

Makes 1 serve

1	medium banana
6 scoops	soy formula powder
250 mL	water
3 tsp	honey*
¼ tsp	vanilla essence
50 mL	crushed ice

Peel and cut banana into chunks. Mix soy formula powder and water. Combine banana, prepared soy formula, honey, vanilla and ice in electric blender or mix with hand beater; whip until smooth.

*Honey should not be offered to infants under 12 months.

NOTE

Serve immediately. Do not allow to stand, as the banana will change colour and the drink will separate.

HOT MARSHMALLOW COCOA

Egg-free and wheat-free

Makes 4 cups

¼ cup	sugar
⅓ cup	cocoa powder
16 scoops	soy formula powder
4 cups	water
1 tsp	vanilla essence
	mini marshmallows

In a saucepan, mix sugar, cocoa and soy formula powder. Gradually whisk in water until blended. Heat, stirring until the mixture boils. Remove from heat; add vanilla essence and a few mini marshmallows. Ladle warm mixture into mugs.

Please consult your healthcare professional if you are concerned about constipation with your baby.

For other information specific to your baby's age, visit www.meandmychild.com.au



Our special thanks to Kate Di Prima, Accredited Practising Dietitian, for her contribution to this brochure, based on her experience and professional knowledge (July 2015).

Important Statement:

Breastfeeding is the normal method of infant feeding, and is best for babies. It has benefits for the infant, such as reducing infection risk, and for the mother. It is important to have a healthy balanced diet in preparation for, and during breastfeeding. Infant formula is designed to replace breast milk when an infant is not breastfed. Breastfeeding can be negatively affected by introducing partial bottle-feeding, and reversing a decision not to breastfeed is difficult. Infant formula must be prepared and used as directed. Unnecessary or improper use of infant formula, such as not properly boiling water or sterilising feeding equipment, may make your baby ill. Social and financial implications, including preparation time and the cost of formula, should be considered when selecting a method of infant feeding.



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