FRO-YO fruit cubes



(\) 10 MINUTES + FREEZING



ABOUT 12 CUBES

INGREDIENTS:

1/3 cup PediaSure® Grow & Gain Vanilla Shake Mix

1 cup plain yogurt

Fruit of choice, like raspberries, blueberries, or kiwis

DIRECTIONS:

- 1 Mix Shake Mix and yogurt in a bowl.
- 2 Stir in fruit of choice.
- 3 Spoon mixture into ice tray & freeze (about 4-5 hours). Enjoy!



©2022 Abbott 202212032 / August 2022 LITHO IN USA



SERVE UP NUTRITION for growth &

PediaSure® is nutrition kids love that's clinically proven* to help them grow! With these simple recipes, your kiddos can enjoy PediaSure in tasty new ways.

immune support



ESSENTIAL VITAMINS & MINERALS



FOR IMMUNE SUPPORT



PROTEIN FOR MUSCLE HEALTH

GROW MORE. SAVE MORE. SIGN UP NOW.



Scan and sign up for the PediaSure® Rewards program to save up to \$100† on PediaSure! You'll get exclusive PediaSure offers, nutrition tips, and more recipes.

Visit PediaSure.com/Rewards

- * Studied in children at risk for malnutrition, 2 servings per day.
- † Nutrients include protein, vitamins A & D, zinc, and antioxidants (vitamins C & E and selenium).
- † Offers may vary.

try all these **DELICIOUS RECIPES**

PEDIASURE® GROW & GAIN RECIPES

Vanilla Berry Smoothie	4
Creamy Strawberry Ice Pops	6
Overnight Peach Chia Pudding	8
Sure-to-Please Mac & Cheese	10

PEDIASURE® GROW & GAIN SHAKE MIX RECIPES

Choco-Peanut Butter No-Bake Cookies	12
Fabulous French Toast	14
Tropical Smoothie Bowl	16
Banana Chocolate Chip Energy Bites	18

ICE POPS on page 6!





VANILLA BERRY smoothie







INGREDIENTS:

1 bottle or can PediaSure® Grow & Gain Vanilla

½ cup blueberries

½ cup strawberries

- 1 Blend all ingredients until smooth.
- 2 Add ice if desired. Enjoy!



creamy strawberry ICE POPS



10 MINUTES + FREEZING



INGREDIENTS:

1 bottle or can PediaSure® Grow & Gain Vanilla

1 cup plain yogurt, low-fat

6 strawberries, sliced

- 1 Blend all ingredients until smooth.
- 2 Pour into 4-oz ice-pop molds and freeze (about 4 hours). Enjoy!





overnight peach CHIA PUDDING







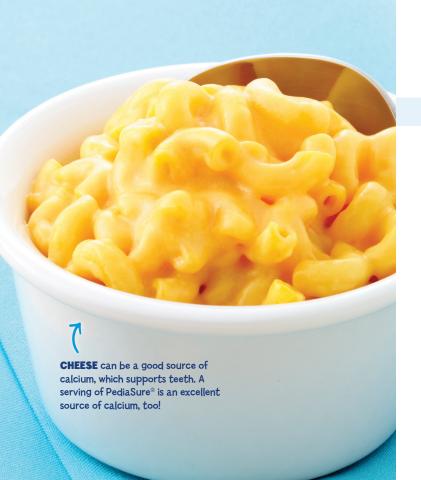
INGREDIENTS:

1 bottle or can PediaSure® Grow & Gain Vanilla

4 tbsp chia seeds

1 cup chopped peaches

- 1 Mix PediaSure® and chia seeds in a jar and close.
- 2 Chill overnight (or 5 hours).
- 3 Layer chia pudding and peaches into 2 cups, topping with peaches. Enjoy cold!



sure-to-please MAC AND CHEESE



(S) 30 MINUTES

4 SERVINGS

INGREDIENTS:

1 bottle or can PediaSure® Grow & Gain Vanilla

2 cups elbow macaroni, enriched

1 tbsp all-purpose flour

1 cup cheddar cheese, grated

1 tbsp butter

¼ tsp salt

¼ tsp pepper

- In a medium saucepan, boil macaroni until cooked.
 Drain well.
- 2 In a large saucepan over medium heat, melt butter and then add flour, stirring constantly until a smooth paste forms.
- 3 Slowly add PediaSure®, continuing to stir until well-blended and smooth. Do not boil.
- 4 Remove from heat and add salt, pepper, cheese, and cooked macaroni, then mix thoroughly. Enjoy!



choco-peanut butter NO-BAKE COOKIES



() 10 MINUTES

12-18 COOKIES

INGREDIENTS:

⅓ cup PediaSure® Grow & Gain Chocolate Shake Mix

1 ½ cups quick oats

1 cup peanut butter (or nut butter of choice)

 $\frac{3}{4}$ cup ground flaxseed

 $^{3}\!\!\!/_{\!\!\!4}$ cup mini chocolate chips

3 tbsp honey

- 1 Mix all ingredients in a bowl.
- 2 Form into cookies. Enjoy!



fabulous FRENCH TOAST



U 15 MINUTES



INGREDIENTS:

⅓ cup PediaSure® Grow & Gain Vanilla Shake Mix

- $\frac{3}{4}$ cup water
- 2 eggs
- ½ tsp cinnamon
- 4 slices whole-grain bread
- 1 tbsp butter

- 1 Mix Shake Mix, water, eggs, and cinnamon in a bowl.
- 2 Soak bread in mixture until saturated.
- 3 Melt butter in large pan.
- 4 Place bread in pan and cook for about 5 minutes on each side or until golden brown. Enjoy!



TROPICAL smoothie bowl







INGREDIENTS:

 $\frac{1}{3}$ cup PediaSure® Grow & Gain Vanilla Shake Mix

½ cup frozen mango

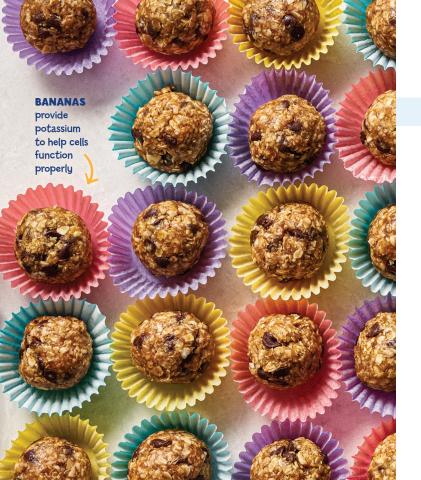
½ cup frozen pineapple

¼ cup frozen cooked carrots

½ cup water or milk

Toppings of choice, like kiwi, mango, granola, sliced banana, shredded coconut, or chia seeds

- 1 Blend all ingredients until smooth.
- 2 Add toppings of choice. Enjoy!



BANANA CHOCOLATE CHIP energy bites



() 10 MINUTES



INGREDIENTS:

3 cups quick oats

1 large banana, mashed

¼ cup peanut butter
(or nut butter of choice)

¼ cup mini chocolate chips

1 tsp honey

1 tsp cinnamon

- 1 Mix all ingredients in a bowl.
- 2 Form into balls. Enjoy!

