

## FRO-YO fruit cubes

🕒 10 MINUTES + FREEZING

🍽️ ABOUT 12 CUBES

### INGREDIENTS:

½ 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!

PediaSure®

## RECIPES

tasty for kids,  
easy for parents



# SERVE UP NUTRITION for growth & immune support



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.



**ESSENTIAL VITAMINS & MINERALS**



**KEY NUTRIENTS<sup>†</sup> 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<sup>‡</sup> on PediaSure! You'll get exclusive PediaSure offers, nutrition tips, and more recipes. Visit [PediaSure.com/Rewards](https://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!





**BERRIES** have antioxidants\*  
for immune support—and  
so does PediaSure®!

## VANILLA BERRY smoothie



🕒 5 MINUTES

🍷 1 SERVING

### INGREDIENTS:

1 bottle or can PediaSure®  
Grow & Gain Vanilla

½ cup blueberries

½ cup strawberries

### DIRECTIONS:

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

\* Vitamins C & E and selenium.



**STRAWBERRIES** have vitamin C to support immune systems.

## creamy strawberry ICE POPS



 10 MINUTES + FREEZING

 4 ICE POPS

### INGREDIENTS:

1 bottle or can  
PediaSure® Grow &  
Gain Vanilla


1 cup plain yogurt,  
low-fat

6 strawberries, sliced

### DIRECTIONS:

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





Every serving has more than 8g of protein and 5g of fiber!

## overnight peach CHIA PUDDING



🕒 10 MINUTES + CHILLING

🍽️ 2 SERVINGS

### INGREDIENTS:

- 1 bottle or can PediaSure® Grow & Gain Vanilla
- 4 tbsp chia seeds
- 1 cup chopped peaches

### DIRECTIONS:

- 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!



**CHEESE** can be a good source of calcium, which supports teeth. A serving of PediaSure® is an excellent source of calcium, too!

## sure-to-please MAC AND CHEESE



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

### DIRECTIONS:

- 1 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!



**PEANUT BUTTER** and PediaSure® Shake Mix both have protein\* to help build muscles.

\* Each serving of PediaSure Grow & Gain Shake Mix has 6g protein.

## 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)

¾ cup ground flaxseed

¾ cup mini chocolate chips

3 tbsp honey

---

### DIRECTIONS:

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



**WHOLE GRAINS** provide complex carbohydrates that give kids sustained energy.



## fabulous FRENCH TOAST



 15 MINUTES

 4 PIECES

### INGREDIENTS:

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

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

2 eggs

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

4 slices whole-grain  
bread

1 tbsp butter

### DIRECTIONS:

- 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!



This recipe sneaks in carrots, which provide vitamin A for vision support.



## TROPICAL smoothie bowl



🕒 10 MINUTES

🍽️ 2 SERVINGS

### INGREDIENTS:

⅓ 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

### DIRECTIONS:

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



**BANANAS**  
provide  
potassium  
to help cells  
function  
properly



## BANANA CHOCOLATE CHIP energy bites



 10 MINUTES

 12-18 BITES

### INGREDIENTS:

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

3 cups quick oats

1 large banana,  
mashed

$\frac{1}{4}$  cup peanut butter  
(or nut butter of choice)

$\frac{1}{4}$  cup mini  
chocolate chips

1 tsp honey

1 tsp cinnamon

### DIRECTIONS:

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

