



# Delicious PediaSure® Recipes

<https://pediasure.com/healthy-recipes-kids>

## Banana Chip Muffins



## Fabulous French Toast



## Sure-to-Please Mac & Cheese



## Pedia-Shake (use any flavor!)





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## Banana Chip Muffins



Makes: 12 muffins



Total Time: 35 minutes

### Ingredients:

- 1 14 oz package Pillsbury® Banana Quick Bread & Muffin Mix
- 1 8 fl oz bottle / 1 cup PediaSure® Grow & Gain Vanilla or Banana
- 1/2 cup vegetable oil
- 2 large eggs
- 1/2 cup miniature chocolate chips

### Directions:

Preheat oven to 400°F. Use paper baking liners for the muffin pan. Combine bread mix, PediaSure Grow & Gain, oil, chocolate chips, and eggs. Beat 50 to 75 strokes until mix is moistened. It will look lumpy. Fill muffin liners 3/4 full. Bake for 15 to 25 minutes or until toothpick inserted in the center comes out clean. Cool pan on a rack for 5 minutes. Remove the muffins. Serve warm or cooled to room temperature.

Pillsbury is not a registered trademark of Abbott Laboratories.

Can be made with:



PediaSure® Grow & Gain  
Banana



PediaSure® Grow & Gain  
Vanilla



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## Fabulous French Toast



Makes: 4



Total Time: 10 minutes

### Ingredients:

- 1 8 fl oz bottle/1 cup PediaSure® Grow and Gain Vanilla
- 2 eggs
- 1/2 tsp. cinnamon
- 4 slices whole grain bread
- 1 Tbsp. butter

### Directions:

In a medium bowl, mix together PediaSure Grow & Gain Vanilla, eggs, and cinnamon. Soak each slice of bread in the mixture until saturated. In a large frying pan, melt the butter over low-to-medium heat. Place the bread in the pan and cook for approximately 5 minutes on each side or until golden brown. Serve warm.

Can be made with:



**PediaSure® Grow & Gain  
Vanilla**





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## Sure-to-please Mac and Cheese



Makes: 4 Servings



Total Time: 30 minutes

### Ingredients:

- 1 8 fl oz bottle/1 cup PediaSure® Grow and Gain Vanilla
- 2 cups elbow macaroni, enriched
- 1 Tbsp. all-purpose flour
- 1 cup cheddar cheese, grated
- 1 Tbsp. butter
- 1/4 tsp. salt
- 1/4 tsp. pepper

### Directions:

In a medium saucepan, boil the macaroni until cooked. Drain well. In a large saucepan over medium heat, melt butter then add flour stirring constantly until a smooth paste forms. Slowly add PediaSure Grow and Gain Vanilla, continuing to stir constantly until well-blended and smooth (do not boil). Remove from heat. Add salt, pepper, cheese and cooked macaroni to the PediaSure mixture and mix thoroughly. Serve immediately.

### Tips:

- For extra protein and energy, sprinkle more cheese on top, sprinkle with breadcrumbs, and bake until melted and slightly crunchy.

Can be made with:



PediaSure® Grow & Gain  
Vanilla



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## Pedia-Shake



### Ingredients:

- 2 scoops any flavor sorbet
- 1 8 fl oz bottle / 1 cup PediaSure® Grow & Gain, any flavor

Makes: 1 shake



Total Time: 3 minutes

### Directions:

In a blender on high speed, blend 2 scoops of your child's favorite sorbet flavor with PediaSure Grow & Gain until smooth and frothy. Serve in a glass.

Can be made with:



PediaSure® Grow & Gain  
Banana



PediaSure® Grow & Gain  
Vanilla



PediaSure® Grow & Gain  
Strawberry



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## Banana Shake



### Ingredients:

- 1 8 fl oz bottle/ 1 cup PediaSure® Grow & Gain Vanilla, Strawberry, or Banana, chilled
- 1 medium banana

Makes: 1 serving



Total Time: 5 minutes

### Directions:

In a blender, blend PediaSure Grow & Gain and banana on high speed until smooth. Serve chilled or freeze until slushy, 45 minutes to an hour. Eat with spoon.

Can be made with:



PediaSure® Grow & Gain  
Banana



PediaSure® Grow & Gain  
Vanilla



PediaSure® Grow & Gain  
Strawberry



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## Cool Creamy Ice Pops



Makes: 8



Total Time: 15 minutes

### Ingredients:

- 2 8 fl oz bottles / 2 cups PediaSure® Grow and Gain Vanilla
- 2 cups plain yogurt, low fat
- 12 strawberries

### Directions:

In a blender, blend together PediaSure Grow and Gain Vanilla with yogurt and half of the strawberries. Slice the remaining strawberries and distribute among 4-ounce, ice-pop molds or paper/plastic cups.

Pour the mixture into the molds or cups to cover the strawberries. Put an ice-pop stick or plastic spoon through the center of each mixture for a handle. Freeze 4 hours or until firm.

### Tip:

- Use raspberries or kiwi slices to create different varieties

Can be made with:



PediaSure® Grow & Gain  
Chocolate



PediaSure® Grow & Gain  
Vanilla



PediaSure® Grow & Gain  
Strawberry



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## Creamy Chocolate Ice Pops



Makes: 4 Servings



Total Time: 10 minutes

### Ingredients:

- 2 8 fl oz bottles / 2 cups PediaSure® Grow and Gain Chocolate
- 1 envelope whipped topping
- 4 5 oz paper cups or ice pop molds
- 4 ice pop sticks or plastic spoons

### Directions:

In a bowl, combine bottles of PediaSure Grow and Gain Chocolate with whipped topping. Beat on high speed using an electric mixer until it thickens. Spoon mixture into cups or ice-pop molds. Put an ice-pop stick or plastic spoon through the center of each mixture for a handle. Freeze until firm, about 4 hours. Remove bars from mold or tear off paper cup before serving.

Can be made with:



PediaSure® Grow & Gain  
Chocolate





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## Overnight Power Oatmeal



Makes: 2 servings



Total Time: 10 minutes

### Ingredients:

- 1 8 fl oz bottle / 1 cup PediaSure® Grow and Gain Vanilla
- 3/4 cup old-fashioned oats
- 2 Tbsp. dried cranberries
- 2 Tbsp. dried raisins
- 1/4 cup mixed nuts (crushed almonds & walnuts)
- 1 Tbsp. honey

### Directions:

Mix together oats, nuts, and dried fruit in a sealable container. Pour PediaSure Grow & Gain Vanilla over mixture and stir with a spoon. Cover and refrigerate overnight. The mixture will soak up the PediaSure. The next morning, drizzle the honey and serve cold.

### Tips

- Substitute for your favorite nuts, dried fruit, or syrup
- Get a head start all week! Fill some Mason jars or reusable containers with mixture or dry ingredients. When ready, just add PediaSure Grow & Gain Vanilla and refrigerate the night before serving.

Can be made with:



**PediaSure® Grow & Gain  
Vanilla**



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## Pumpkin Chocolate Chip Muffins



Makes: 12 muffins



Total Time: 33 minutes

Prep Time: 15 minutes

Bake Time: 18 minutes

### Directions:

Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners, or generously grease the cups. Set aside. In a large mixing bowl, whisk together flour, baking powder, baking soda, salt, and cinnamon. In another bowl, whisk together milk and PediaSure Grow & Gain Shake Mix Powder until well-blended. Add oil, sugar, egg, and pumpkin puree and mix until blended. Add pumpkin mixture to flour mixture and mix until just moistened. Fold in chocolate chips. Spoon batter into muffin cups, about 2/3 full. Bake 15 to 18 minutes, or until a wooden toothpick inserted into center comes out clean. Cool and dust muffins with confectioners' sugar if using. Store muffins in an airtight container for one day, or place each muffin in an individual re-sealable plastic bag and freeze.

### Kid-Friendly Steps:

Whisking dry ingredients together  
Folding in chocolate chips

### Ingredients:

- 1-1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 tsp. ground cinnamon
- 1/2 cup 1% low fat or fat free milk
- 1/3 cup PediaSure® Grow & Gain Shake Mix Powder
- 1/4 cup vegetable oil
- 1/2 cup granulated sugar
- 1 large egg
- 3/4 cup canned pumpkin puree
- 1/2 cup mini semi-sweet or milk chocolate chips
- Confectioners' sugar (optional)

Can be made with:



**PediaSure® Grow & Gain  
Shake Mix Powder  
Vanilla**



# Delicious PediaSure® Recipes

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## Dark Chocolate Chip Banana Bread



Makes: 12 Servings



Total Time: 75 minutes

### Ingredients:

- 1 8 fl oz bottle / 1 cup PediaSure® Grow and Gain Vanilla
- 2-1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1 large egg
- 1/2 cup packed brown sugar
- 1/2 cup non-salted butter, softened
- 1-1/2 cups mashed bananas (approximately 3 medium bananas)
- 1/2 cup dark chocolate chips

### Directions:

Pre-heat oven to 350°F. Grease a 9 x 5- inch loaf pan. In a medium bowl, sift together flour, baking powder, baking soda, salt, and cinnamon. In a large bowl, cream brown sugar and butter with a beater. Whisk in the egg, mashed bananas and PediaSure Grow and Gain Vanilla. Mix the dry ingredients into the wet mixture until just combined. Stir in the chocolate chips. Bake for 55 minutes, or until top of bread turns brown and cracks along the top.

### Tips:

- Use whole wheat flour for a higher fiber version.
- Baker's secret: to lock in the moisture, cover with foil and let sit for 30 minutes when removed from oven.

Can be made with:



**PediaSure® Grow & Gain  
Vanilla**



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## Nutty Chocolate Smoothie



Makes: 1 serving



Total Time: 5 minutes

### Ingredients:

- 1 8 fl oz bottle/1 cup PediaSure® Grow and Gain Chocolate
- 1 Tbsp. smooth peanut butter
- 2 Tbsp. chocolate syrup

### Directions:

In a blender, combine PediaSure Grow and Gain Chocolate, peanut butter, and chocolate syrup. Blend on high speed until smooth. Pour into a glass and serve. For a Nutty Vanilla Smoothie substitute PediaSure Grow and Gain Chocolate for Vanilla and remove the syrup.

Can be made with:



PediaSure® Grow & Gain  
Chocolate



PediaSure® Grow & Gain  
Vanilla