

Enfagrow™

# Yummy Toddler-friendly recipes



#1 ENFAGROW®  
#1 BRAND RECOMMENDED BY  
PEDIATRICIANS

\*Among products labeled for toddlers under 2

# Banana Muffins

*Makes about 18 muffins*

## Ingredients

*4 scoops of Enfagrow® Toddler Next Step™ Vanilla Powder or  
Enfagrow PREMIUM™ Toddler Next Step™ Natural Milk Powder*

*1 cup all purpose flour*

*1 cup whole wheat flour*

*3/4 cup brown sugar*

*5 teaspoons baking powder*

*1 teaspoon salt*

*1/2 teaspoon baking soda*

*1-1/2 cups oats*

*2 eggs, slightly beaten*

*6 tablespoons vegetable oil*

*3/4 cup water*

*1 cup mashed bananas*



The logo for Enfagrow, featuring a small heart icon above the brand name in a white serif font, all contained within a blue speech bubble shape.



## Directions

Preheat oven to 400° F (200° C). Mix all dry ingredients (Enfagrow® powder, flour, brown sugar, baking powder, salt, baking soda, and oats) in a large bowl. Make a well in the center and pour in the eggs, oil, water, and bananas. Stir with a fork until the dry ingredients are moistened. Fill well-greased muffin tins 2/3 full. Bake 18-20 minutes or until a toothpick inserted in the center of the muffin comes out clean.

My Plate Serving Equivalents:

~2 ounces of Grains

Nutritional Information per Serving (1 muffin)\*

Nutrients	
Amount per Serving	
Calories	175
Fat	6 g
Carbohydrate	28 g
Protein	3 g

## Tips

### Apple Raisin Variation:

Add 1 teaspoon of ground cinnamon to the dry ingredients. Replace banana with the same amount of applesauce 1 cup. Add 2/3 cup of raisins.

## Did you know?

Two-year-olds should have 3 ounce equivalents daily from the grains group. 1 ounce of grains counts as:

- 1 slice of bread; or
- 1 ounce ready-to-eat cereal; or
- 1/2 cup cooked rice, pasta, or cereal

\* Nutritional analysis is an estimated amount and varies based on the exact ingredients used



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# Banana Smoothie

*Makes 2 servings*

## Ingredients

4 scoops of Enfagrow® Toddler Next Step™

Vanilla Powder or Enfagrow PREMIUM™

Toddler Next Step™ Natural Milk Powder

3/4 cup water

1 frozen banana



 <sup>TM</sup>



## Directions

Mix ingredients together in a blender. Blend at high speed until smooth. Pour into a cup and serve immediately. (Drink darkens if allowed to stand.)

*Variation: Replace the banana with other fruits that your toddler enjoys!*

My Plate Serving Equivalents:

1/2 cup of Fruits

Nutritional Information per Serving\*

Nutrients	
Amount per Serving	
Calories	130
Fat	4 g
Carbohydrate	21 g
Protein	4 g

*Did you know?*

Two-year-olds should have 1 cup of fruits daily. 1 cup of fruits counts as:

- 1 cup raw or cooked fruit; or
- 1/2 cup dried fruit; or
- 1 cup 100% fruit juice



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# Pancakes

*Makes 6 pancakes*

## Ingredients

4 scoops of Enfagrow® Toddler Next Step™ Vanilla Powder or  
Enfagrow PREMIUM™ Toddler Next Step™ Natural Milk Powder

3/4 cup whole wheat flour

1/2 tablespoon baking powder

1 egg, slightly beaten

1-1/2 tablespoons vegetable oil

3/4 cup water

1 tablespoon vegetable oil

5 large diced strawberries



  
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## Directions

In a large bowl, mix the flour and baking powder. Beat in the Enfagrow®, egg, 1-1/2 tablespoons of oil, and water with a whisk or electric mixer, beating until smooth. Chill for 20 minutes. Heat 1 tablespoon of vegetable oil in a frying pan over low heat. Pour in 1/4 cup of the batter. Drop 5 large diced strawberries in the batter while cooking. When the edges begin to brown, and the top is covered with bubbles, flip the pancake over. Repeat with the remaining batter.

My Plate Serving Equivalents:

~1-1/2 ounces Grains

Nutritional Information per Serving (1 pancake)\*

Nutrients	
Amount per Serving	
Calories	145
Fat	6 g
Carbohydrate	18 g
Protein	4 g

*Did you know?*

Make half your grains whole grains.



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# Enfagrow® Smoothie

Makes 1 serving

## Ingredients

1/2 cup frozen strawberries

1/2 cup Greek vanilla yogurt

1/4 cup Enfagrow® Next Step® Vanilla

Ready to Use (or 5-1/2 teaspoons prepared  
Enfagrow® Toddler Next Step™ Vanilla Powder  
according to package directions)



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## Directions

In blender, combine frozen strawberries, Greek yogurt, and Enfagrow®. Blend until smooth.



My Plate Serving Equivalents:  
1/2 cup of Fruits and 1/2 cup of Dairy  
Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	200
Fat	5 g
Carbohydrate	27.9 g
Protein	12.3 g

My Plate Serving Equivalents:  
1/2 cup of Fruits and 1/2 cup of Dairy  
Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	190
Fat	4.7 g
Carbohydrate	26.7 g
Protein	11.9 g

*Did you know?* Two-year-olds need 2 cups of dairy daily.

\* Nutritional analysis is an estimated amount and varies based on the exact ingredients used

Retrieved using Axxya Systems, Nutritionist Pro

# Enfagrow® Peanut Butter Spread

*Makes 3 servings*

## Ingredients

*1/2 banana*

*1 tablespoon Enfagrow PREMIUM™ Toddler Next Step™ Natural Milk Ready to Use (or 3 teaspoons prepared Enfagrow PREMIUM Toddler Next Step Natural Milk Powder according to package directions)*

*2 tablespoons peanut butter*



™



## Directions

In medium bowl, smash banana with back of fork. Add Enfagrow® and combine thoroughly. Add peanut butter and combine until mixture is even and thoroughly mixed. NOTE: Holds in refrigerator for 3 days.



My Plate Serving Equivalents:

2/3 ounce of Protein

Nutritional Information per Serving (1-1/2 tablespoons)\*

Nutrients	
Amount per Serving	
Calories	85
Fat	5.7 g
Carbohydrate	7.4 g
Protein	2.7 g

My Plate Serving Equivalents:

2/3 ounce of Protein

Nutritional Information per Serving (1-1/2 tablespoons)\*

Nutrients	
Amount per Serving	
Calories	90
Fat	5.9 g
Carbohydrate	8 g
Protein	2.9 g

*Did you know?*

Two-year-olds should have 2 ounce equivalents from proteins. 1 ounce of protein counts as:

- 1 ounce lean meat, poultry, or seafood; or
- 1 egg; or

- 1 Tbsp peanut butter; or
- 1/4 cup cooked beans or peas; or
- 1/2 ounce nuts or seeds

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Retrieved using Axxya Systems, Nutritionist Pro

# Enfagrow® Crepe

*Makes 1 serving*

## Ingredients

*2 tablespoons pancake mix (any brand; just add water mix)*

*2 tablespoons Enfagrow PREMIUM™ Toddler Next Step™ Natural Milk Ready to Use (or 3 teaspoons prepared Enfagrow PREMIUM Toddler Next Step Natural Milk Powder according to package directions)*

*1 tablespoon water*

*Nonstick cooking spray*

*Fresh fruit or Enfagrow® Peanut Butter Spread*



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## Directions

In small bowl, combine pancake mix, Enfagrow<sup>®</sup>, and water. Stir until smooth. Coat 9" pan with nonstick cooking spray and place on high heat and pour mixture in pan. Allow one side to brown. Flip and allow to cook for 15 seconds. Fill with either fresh fruit or Enfagrow peanut butter spread. Serve.



My Plate Serving Equivalents:

1 ounce of Grains

Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	113
Fat	3.3 g
Carbohydrate	17.7 g
Protein	3.4 g

My Plate Serving Equivalents:

1 ounce of Grains

Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	117
Fat	3.5 g
Carbohydrate	18.2 g
Protein	3.6 g

For additional information,  
visit [enfagrow.com](http://enfagrow.com)

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# Enfagrow® Sour Cream Sauce

*Makes 3 servings*

## Ingredients

*6 tablespoons sour cream*

*2 tablespoons Enfagrow PREMIUM™ Toddler Next Step™ Natural Milk Ready to Use (or 3 teaspoons prepared Enfagrow PREMIUM Toddler Next Step Natural Milk Powder according to package directions)*

*1/4 teaspoon salt*





## Directions

In small bowl, combine sour cream, Enfagrow<sup>®</sup>, and salt. Chill and serve. NOTE: Holds in refrigerator for 3 days.



My Plate Serving Equivalents:  
Limit saturated fat  
Nutritional Information per Serving (3 servings)\*

Nutrients	
Amount per Serving	
Calories	55
Fat	4.9 g
Carbohydrate	2.1 g
Protein	0.9 g

My Plate Serving Equivalents:  
Limit saturated fat  
Nutritional Information per Serving (3 servings)\*

Nutrients	
Amount per Serving	
Calories	56
Fat	5 g
Carbohydrate	2.3 g
Protein	0.9 g

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# Enfagrow® Veggie Dip

*Makes 3 servings*

## Ingredients

*6 tablespoons Enfagrow® Sour Cream Sauce*

*3/4 teaspoon favorite salad dressing mix (powdered)*

*Favorite vegetables*





## Directions

In small bowl, combine Enfagrow® Sour Cream Sauce and powdered dressing mix. Chill for 15 minutes. Serve with favorite vegetables.



My Plate Serving Equivalents:

Limit saturated fat

Nutritional Information per Serving (3 servings)\*

Nutrients	
Amount per Serving	
Calories	46
Fat	3.9 g
Carbohydrate	2.1 g
Protein	0.7 g

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# Enfagrow® Creamed Corn

*Makes 1 serving*

## Ingredients

*3 teaspoons Enfagrow PREMIUM™ Toddler Next Step™ Natural Milk  
Ready to Use*

*1/2 cup low sodium canned corn*

*1/4 teaspoon corn starch*

*Small pinch of garlic powder*

*Small pinch of salt powder*





## Directions

In microwave safe bowl, combine Enfagrow® and corn. Place in microwave for 90 seconds. Season to taste (no more than 1/8 teaspoon of garlic and salt). Allow to cool for 3 minutes. NOTE: Holds in refrigerator for 3 days.



My Plate Serving Equivalents:

1/2 cup of Vegetables

Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	105
Fat	0.9 g
Carbohydrate	20.3 g
Protein	2.5 g

For additional information,  
visit [enfagrow.com](http://enfagrow.com)

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# Enfagrow® Tomato Soup

*Makes 1 serving*

## Ingredients

*2 tablespoons tomato paste*

*1/3 cup Enfagrow PREMIUM™ Toddler Next Step™ Natural Milk*

*Ready to Use (or 7 teaspoons prepared Enfagrow PREMIUM*

*Toddler Next Step Natural Milk Powder according to package directions)*

*1/4 teaspoon salt*

*Pinch of garlic powder*





## Directions

In microwave safe bowl, combine all ingredients. Place in microwave for 90 seconds. Allow to stand for one minute. Microwave for an additional 30 seconds. Let stand one minute. Serve.



My Plate Serving Equivalents:

1/3 cup of Dairy

Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	87
Fat	2.4 g
Carbohydrate	14.3 g
Protein	3.7 g

My Plate Serving Equivalents:

1/3 cup of Dairy

Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	94
Fat	2.8 g
Carbohydrate	15.2 g
Protein	3.9 g

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# Enfagrow® Fruit Dip

*Makes 1 serving*

## Ingredients

*4 tablespoons blueberries*

*2 tablespoons Enfagrow® Next Step® Vanilla Ready to Use  
(or 1 teaspoon prepared Enfagrow® Toddler Next Step™  
Vanilla Powder according to package directions)*

*4 tablespoons Greek vanilla yogurt*



The logo for Enfagrow, featuring the brand name in a white, serif font inside a blue, rounded rectangular shape with a white outline.



## Directions

In medium bowl, smash blueberries with back of fork. Add Enfagrow® and mix thoroughly. Use the fork to remove blueberry skins. Stir in yogurt. Serve chilled.

NOTE: Holds in refrigerator for 3 days.



My Plate Serving Equivalents:  
1/4 cup of Fruits and 1/4 cup of Dairy  
Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	101
Fat	2.5 g
Carbohydrate	14.2 g
Protein	6.2 g

My Plate Serving Equivalents:  
1/4 cup of Fruits and 1/4 cup of Dairy  
Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	84
Fat	1.9 g
Carbohydrate	12 g
Protein	5.5 g

For additional information,  
visit [enfagrow.com](http://enfagrow.com)

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# Enfagrow® Rice Pudding

*Makes 1 serving*

## Ingredients

*1/3 cup cooked white rice*

*3 tablespoons dried fruit*

*3 tablespoons Enfagrow® Next Step® Vanilla Ready to Use  
(or 2 teaspoons prepared Enfagrow® Toddler Next Step™  
Vanilla Powder according to package directions)*

*1/2 teaspoon honey*



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## Directions

In small pan, combine all ingredients. Cook on medium-high heat for 9 minutes. Allow to cool 5 minutes.



My Plate Serving Equivalents:  
1/2 cup of Fruits and ~1 ounce of Grains  
Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	204
Fat	2.9 g
Carbohydrate	42.2 g
Protein	3.7 g

My Plate Serving Equivalents:  
1/2 cup of Fruits and ~1 ounce of Grains  
Nutritional Information per Serving (1 serving)\*

Nutrients	
Amount per Serving	
Calories	184
Fat	2.2 g
Carbohydrate	39.6 g
Protein	2.9 g

For additional information,  
visit [enfagrow.com](http://enfagrow.com)

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Dear Mom,

We know life is busy, and you always want what's best for your growing toddler. Remember, Enfagrow® complements the diet and helps close those nutritional gaps.

We hope you enjoyed making the recipes as much as we enjoyed sharing them!

### **Enfagrow has nutrients that toddlers may not be getting from vegetables and other foods.**

- DHA and iron to nourish the brain
- Prebiotics, vitamin C and zinc to help support immune health
- 22 total nutrients like calcium and vitamin D to complement the diet
- ~1 gram of sugar in Enfagrow PREMIUM™ Toddler Next Step™ Natural Milk Powder

### **Enfagrow has nutrients also found in foods toddlers might not get enough of:**



**More iron than  
1 cup of spinach\***



**More vitamin D  
than 6 oz of yogurt†**



**More calcium  
than 1 cup of broccoli‡**

\* 1 cup of spinach has .8 mg of iron; 7 fl oz of Enfagrow® Toddler Next Step™ has 2.5 mg.

† 6 oz of yogurt has 0 IU of vitamin D; 7 fl oz of Enfagrow Toddler Next Step has 150 IU.

‡ 1 cup of broccoli has 44 mg of calcium; 7 fl oz of Enfagrow Toddler Next Step has 250 mg.

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**Enfagrow**™