



Recipe Booklet

For babies with
cow's milk protein allergy

LABORATOIRE
Specially developed by **modilac**[®]
Depuis 1984

Editorial

Cow's milk protein allergy is the commonest food allergy in babies.

Breast milk is the ideal and natural food for babies, which is why the World Health Organization (WHO) recommends breastfeeding as the exclusive feeding method up to the age of 6 months. When the mother does not wish to or cannot breastfeed, management in non-breastfed babies on complementary feeding consists of a cow's milk protein avoidance diet and the use of specially adapted infant formulas, such as Modilac Expert Rice.

This recipe booklet has been put together by Paris-based dietician Catherine BOURRON-NORMAND, using products from the Modilac Expert Rice range. It offers some culinary support to parents to help them make sure their baby has a varied and balanced diet adapted to their specific needs and a better quality of life.

WHAT IS COW'S MILK PROTEIN ALLERGY?

Cow's milk protein allergy is an **immunological reaction** to proteins, in particular casein, alpha-lactalbumin or beta-lactoglobulin (not to be confused with lactose intolerance).

It is the **most common allergy in babies**, affecting between **1.8 and 7.5% of children depending on the country¹**.

It is often diagnosed before the age of 6 months, and rarely beyond the age of 12 months. The clinical signs develop a few days to a few weeks after introducing cow's milk proteins.

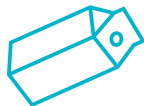
The symptoms very often affect the skin or digestive system, and are sometimes more severe, with respiratory signs or malaise.

For diagnosis and follow-up, **allergy blood tests** (IgE- specific) or skin-prick tests are generally performed. It is important to note that there are different clinical forms of cow's milk protein allergy. In some cases, especially with digestive forms, the tests may be negative, but this does not eliminate the presence of allergy. In this case, the diagnosis will be confirmed by testing a diet that excludes cow's milk protein and then reintroducing it.

The allergy tends to disappear naturally over time.

More than half of children are no longer allergic by the age of 3 years, and 80 to 90% of children are completely cured by the time they are 5 or 6 years old¹. The age at which the allergy disappears varies depending on the clinical form and the severity of the allergy.

This free guide with its recipes is designed to help you use your formula from the MODILAC Expert RICE and the My 1st Milk-Free Dessert ranges.



MANAGING COW'S MILK PROTEIN ALLERGY

The main treatment for the allergy is **dietary, avoiding all cow's milk proteins** in the diet.

Therefore, if the infant is breastfed, it is recommended to **continue breastfeeding**. A cow's milk protein avoidance diet in the mother should only be tried if symptoms persist.

If the baby is not breastfed, it is recommended to use **infant formulas specially adapted to the allergy**:

- ✓ Either cow's milk protein-based extensive hydrolysates
- ✓ Or **rice protein hydrolysates**, such as **Modilac Expert Rice** formulas

Rice protein hydrolysates are just as effective as cow's milk protein-based extensive hydrolysates and are sometimes **better tolerated**. They can be used as first or second-line treatment if cow's milk protein-based extensive hydrolysates are ineffective or refused.

Not all commercially available rice products are equivalent or adapted to the nutritional needs and growth of the child. Therefore, it is best **to avoid making any substitutions without seeking medical advice**.

In the event of a severe form of allergy and/or if the abovementioned infant formulas are ineffective, other products, called **amino acid-based formulas**, can be used.

Since the proteins found in the milk of other mammals (goats, sheep, etc.) are very similar to cow's milk proteins, **these milks should not be used** to replace cow's milk.

In addition to the dietary management of cow's milk protein allergy, depending on the clinical form of the allergy, your child's doctor will provide **recommendations in the event of accidental ingestion** and reaction and prescribe an **emergency kit** with the necessary medication.

1. Host A. Cow's milk protein allergy and intolerance in infancy. Some clinical, epidemiological and immunological aspects. *Pediatr Allergy Immunol* 1994; 5 (Suppl 5): 5-36.

COMPLEMENTARY FEEDING AND COW'S MILK PROTEIN ALLERGY

Once complementary feeding starts **at around 4 to 6 months of age**, it is necessary to continue the diet, prepare dishes without any dairy proteins and avoid any foods that may contain milk by checking labels carefully.



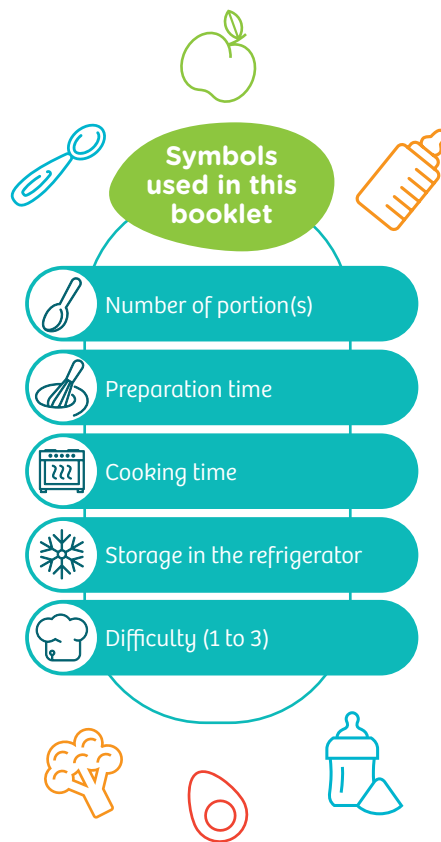
The start of complementary feeding corresponds to the **introduction** of new foods, flavours and textures, while continuing to maintain baby's development and normal growth.

Therefore, it is very important to allow the baby to **develop an appetite for a varied diet**, with different tastes, textures, aromas and colours, while at the same time maintaining **an adequate nutritional intake** (calories, calcium, etc.). Calcium supplements are sometimes required.

In a context of cow's milk protein allergy, parents are often **very apprehensive** about introducing new foods and also have **lots of questions** about the right diet for their baby.

Recipe booklets can help and a **nutritional consultation** may be necessary. As regards the risks of other food allergies with the introduction of new allergens, it is important to discuss this with the baby's doctor.

Dr Karine GARCETTE,
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From **6** months of age



From 6 months of age

Introducing new foods

In practice, parents will start by offering **a teaspoon of vegetables at a meal**, then **a teaspoon of cooked fruit compote**. Baby will then be able to gradually start taking larger quantities of **vegetables**, and a little **potato** can be added, then a teaspoon of **oil** in the purée. Finally, **meat**, **fish** and **eggs** can be introduced.

At the same time, 1 to 2 teaspoons of **milk-free, gluten-free cereals** can be added to the morning bottle. Gluten is a protein found in wheat, barley, oats and rye, etc. Gluten can be introduced from the age of 5 months at a rate of one teaspoon of milk-free cereal with gluten per day.

By the start of the 7th month, most babies are eating a broad variety of foods. However, some need a little more time to get used to complementary feeding. **Every baby is different and it's important to go at their pace. Adapt quantities to your baby's appetite.**

Did you know?

To increase the variety of fruit and vegetables, you can try one new fruit or vegetable per day. In practice, given the quantities consumed, you can offer the same vegetable or fruit two days running.



Changing textures

When baby first begins to eat puréed foods, it is important to start with a **fluid texture**.

That's because baby is used to bottles and liquid textures. They need some **time to adjust** to the switch to spoon-feeding. If your baby does not enjoy taking food from a spoon, don't force them. You can try again in a few weeks.



Daily diet at between 6 and 7 months of age

Morning ✓ a bottle with 180 to 210 ml of your rice protein hydrolysate formula + 2 teaspoons of milk-free baby cereal

Midday

- ✓ vegetable purée + 1 teaspoon of blended meat or fish or 1/4 of an egg
- ✓ a bottle with 90 to 120 ml of your rice protein hydrolysate formula

Afternoon snack

- ✓ a bottle with 150 to 180 ml of your rice protein hydrolysate formula
- ✓ 50 g of fruit compote

Evening

- ✓ a bottle with 180 to 210 ml of your rice protein hydrolysate formula

A few menu ideas for babies aged 6 to 9 months

Morning:

- ✓ A bottle with 180 to 210 ml of your **rice protein hydrolysate formula** + 2 teaspoons of milk-free baby cereal

Midday:

- ✓ Fish brandade
- ✓ A bottle with 90 to 120 ml of your **rice protein hydrolysate formula**

Afternoon snack:

- ✓ A bottle with 150 to 180 ml of your **rice protein hydrolysate formula**
- ✓ 50 g of apple and pear compote

Evening:

- ✓ A bottle with 180 to 210 ml of your **rice protein hydrolysate formula**



Morning:

- ✓ A bottle with 180 to 210 ml of your **rice protein hydrolysate formula** + 2 teaspoons of milk-free baby cereal

Midday:

- ✓ Potato purée with tomato served with a quarter hardboiled egg
- ✓ A bottle with 90 to 120 ml of your **rice protein hydrolysate formula**

Afternoon snack:

- ✓ An upside-down crème caramel
- ✓ 50 g of apple compote

Evening:

- ✓ A bottle with 180 to 210 ml of your **rice protein hydrolysate formula**

Tip

To save time, you can prepare larger quantities of purée or compote. These can be kept in the refrigerator for 48 hours or frozen (maximum of 1 month). Cooked cream desserts can be kept in the refrigerator for 48 hours

SAVOURY RECIPE

Potato purée with tomato

INGREDIENTS

- ✓ 100 g of potatoes
- ✓ 2 tomatoes
- ✓ ¼ onion
- ✓ 1 small pinch of salt
- ✓ 2 to 3 sprigs of parsley
- ✓ 6 scoops of your rice protein hydrolysate formula prescribed by your doctor or 4 scoops of AR rice
- ✓ 1 teaspoon of rapeseed oil



10 min

20 min

48 h



- 1** Wash the **vegetables**. Peel the **potatoes**. Cut the **tomatoes** into small pieces, taking care to remove the core. Chop the **onion** and the potato and cook them in a small amount of salted boiling water for about 20 minutes. Keep some of the cooking water aside, then drain and blend with the **parsley**.
- 2** Add the **cooking water** to the blended vegetables to obtain a smooth, fluid purée.
- 3** Add the scoops of your **rice protein hydrolysate formula or AR rice**, then the **oil**. Whisk to mix and serve.

Tip Replace the tomato with other plain fresh or frozen vegetables

Indicative nutritional values for one portion

Energy	141 kcal
Protein	3.2 g
Carbohydrates	18 g
Fats	5.8 g
Sodium	42 mg
Calcium	77 mg

SAVOURY RECIPE

Fish
Brandade

INGREDIENTS

- ✓ 50 g of potatoes
- ✓ 50 g of carrots
- ✓ 40 g of green beans or zucchini
- ✓ Herbs (thyme, bay leaf, parsley)
- ✓ 20 g of fish fillet (hake, whiting, cod, etc.)
- ✓ 3 scoops of your rice protein hydrolysate formula or AR rice prescribed by your doctor
- ✓ 1 tablespoon of olive oil
- ✓ 1 pinch of nutmeg



- 1 Wash then peel the **vegetables**. Cut them into pieces and put them in the steamer basket with the **herbs** or in a pan of water. Steam for 15 to 20 minutes or boil for 10 to 15 minutes. Cook the **fish fillet** for 5 minutes in light stock, drain it, carefully remove the bones and then flake it very finely or blend it.
- 2 When the vegetables are cooked, purée them and add the scoops of your **rice protein hydrolysate formula or AR rice**, the tablespoon of **olive oil** and the pinch of **nutmeg**.
- 3 Switch the oven on in the grill position. Place a layer of potato purée, then a layer of fish in a small baking dish and finish with a layer of potato purée. Grill in the oven for 5 minutes.



You can replace the fish with blended meat to prepare a delicious shepherd's pie.

Indicative nutritional values
for one portion

Energy	249 kcal
Protein	7.9 g
Carbohydrates	20 g
Fats	15 g
Sodium	143 mg
Calcium	117 mg

SWEET RECIPE

Creamy vanilla rice pudding with fruit coulis

INGREDIENTS

- ✓ 20 g of sugar
- ✓ 20 g of rice flour
- ✓ 180 ml of water
- ✓ 6 scoops of your rice protein hydrolysate formula prescribed by your doctor or 5 scoops of AR rice
- ✓ 50 g of berry compote
- ✓ A small pinch of vanilla powder



- 1 Dissolve the **rice flour** in a little **water** and pour into a pan. Gradually add the remaining water, mixing well to avoid lumps, then add the **sugar** and heat the mixture.
- 2 When it boils, lower the heat and cook, stirring regularly, for about 5 minutes until the mixture thickens. Add the scoops of your **rice protein hydrolysate formula or AR rice**, then add the pinch of **vanilla** powder.
- 3 Leave to cool, then divide between 2 ramekins and place in the refrigerator. Serve with **berry compote**.

Indicative nutritional values for one portion

Energy	157 kcal
Protein	2.3 g
Carbohydrates	30 g
Fats	3.2 g
Sodium	29 mg
Calcium	69 mg

Variant Add a drop of orange flower water in place of the vanilla.

SWEET RECIPE

Upside-down
crème caramel

INGREDIENTS

- ✓ 10 g of caster sugar
- ✓ ½ a teaspoon of agar
- ✓ 8 scoops of your rice protein hydrolysate formula or AR rice prescribed by your doctor
- ✓ 30 g of cubed sugar



5 min



5 min



48 h



- 1 Bring 240 ml of **water** to the boil with 20 g of **caster sugar** and **agar**. Allow to cool.
- 2 Mix the scoops of your **rice protein hydrolysate formula** with 30 ml of water or your **AR rice** with 50 ml of cold water. Stir this mixture into the previous one.
- 3 Melt the **sugar cubes** with a spoonful of water over the heat. When it is a nice caramel color, pour it into flexible moulds.
- 4 Immediately pour the creamy mixture over the caramel and leave to set for 3 hours in a cool place before removing from the mould.

Indicative nutritional values
for one portion

Energy	122 kcal
Protein	2.0 g
Carbohydrates	20 g
Fats	3.9 g
Sodium	38 mg
Calcium	90 mg

SWEET RECIPE

My first milk-free dessert: how to flavour it

INGREDIENTS

- ✓ 1 sachet of **plain Modilac My 1st milk-free dessert**
- ✓ 1 tablespoon of mixed fruit compote
- OR
- 1 teaspoon of organic fruit syrup
- OR
- ½ a teaspoon of orange flower water
- OR
- One pinch of cinnamon



2 min

None



To eat immediately



- 1** Prepare **Modilac My 1st milk-free dessert** by whisking the contents of the sachet with 90 ml of **water**.
- 2** You can add a good pinch of **cinnamon**, or ½ a teaspoon of **orange flower water** or a teaspoon of **organic fruit syrup**, or serve this dessert with a tablespoon of a **fruit compote** of your choice.
- 3** Pour the mixture into a baby's dessert bowl.

Tip

This dessert allows babies allergic to cow's milk proteins to enjoy a substitute with the texture of a cream dessert. You can use vanilla-flavoured or plain Modilac My 1st milk-free dessert and adjust the flavour to provide variety in your baby's diet.

Indicative nutritional values for one portion

Energy	100 kcal	85 kcal
Protein	1.9 g	1.9 g
Carbohydrates	17 g	13 g
Fats	2.9 g	2.9 g
Sodium	40 mg	40 mg
Calcium	74 mg	74 mg

- With plain Modilac My 1st milk-free dessert + fruit
- With plain Modilac My 1st milk-free dessert + cinnamon

SWEET RECIPE

My first cocoa and banana dessert

INGREDIENTS

- ✓ 1 sachet of **plain Modilac My 1st milk-free dessert**
- ✓ ½ a small banana
- ✓ ¼ a teaspoon of cocoa + 1 pinch of sugar
- ✓ 1 teaspoon of sugar
- ✓ Sunflower oil



- 1 Prepare **Modilac My 1st milk-free dessert** by whisking the contents of the sachet with 90 ml of **water**. Add 1/4 of a teaspoon of **cocoa** and a pinch of **sugar**.
- 2 Peel the half-**banana** and slice it into rounds. Pan-fry the slices with **sunflower oil**. At the end of cooking, sprinkle the banana slices with **sugar** to give them a nice golden colour. Then blend.
- 3 Pour half the cocoa dessert into a small dish, then the banana compote, then the other half of the cocoa dessert.

Indicative nutritional values for one portion

Energy	196 kcal
Protein	2.4 g
Carbohydrates	28 g
Fats	8.4 g
Sodium	41 mg
Calcium	79 mg

From **9** months of age



From 9 months of age



Your baby is increasingly enjoying the new dishes you are offering.

Here we answer a few frequently asked questions:

My baby is beginning to refuse a bottle sometimes. What should I do?

For babies with cow's milk allergy, their main source of calcium is their **infant formula**. If your baby refuses their bottle, it doesn't mean that they no longer like the milk substitute. It could be that they are getting **bored of having a bottle** at certain times of the day. It can be useful to make a few **recipes using rice protein hydrolysates** to offer your baby something they can **eat with a spoon**. A simple recipe is a porridge made with instant cereal without milk, or a cream dessert, or other recipes. By varying the flavours, this recipe can be used as a great base for a dessert **in place of a dairy product** for babies of all ages.

Is it OK to salt food?

As regards the question of salt, during the first year of your baby's life, it is preferable **not to cook with salt** or, possibly, to cook vegetables in salted water. The need to restrict salt is related to the **immaturity of your baby's kidneys**. During the 2nd and 3rd years of life, salt **moderately** and, most of all, don't leave the salt shaker on the table, which could tempt the whole family. Be careful with **canned vegetables**, which are a source of salt.

Is it OK to use sugar?

Sugar is a food that supplements your baby's energy intake. It should be offered **in moderation**, but there's no need to demonize it. On the contrary, adding a little sugar to a sour fruit compote or a **homemade dessert** will help baby enjoy the whole meal better.

What textures should you offer?

At around 10 months old, your baby will be better and better at **chewing food**, despite not yet having all their teeth. At this age, they will accept a thicker puree (it can be thickened using potato, sweet potato or fine semolina). At around the age of 1 year, they will be able to eat **small pieces of roughly ground meat**, small **well-cooked soup pasta**, **well-cooked rice** or **soft vegetables** that have been cooked for longer. Sometimes your baby needs to be able to recognize textures; this works best when you **separate blended textures and small chunky textures**. Beyond the age of 1 year, you can also offer your baby a white **bread crust** or a baby **cookie**, such as a milk-free sponge finger, or a homemade cookie. This is a good way for them to start **learning to be more independent at mealtimes**.

Did you know?

Once babies can sit up alone, easily manage smooth, fluid purées, make chewing movements, and bring food, such as a bread crust, to their mouth, they are ready for thicker textures.



A few menu ideas from 9 months of age

Morning:

- ✓ A bottle with 210 ml of your **rice protein hydrolysate formula** + 3 to 4 teaspoons of milk-free baby cereal

Midday:

- ✓ Broccoli flan
- ✓ A bottle with 90 to 120 ml of your **rice protein hydrolysate formula**

Afternoon snack:

- ✓ Panacotta with berries
- ✓ 50 g of apple and pear compote

Evening:

- ✓ A bottle with 180 to 210 ml of your **rice protein hydrolysate formula** + 2 teaspoons of milk-free baby cereal

Morning:

- ✓ A bottle with 210 ml of your **rice protein hydrolysate formula** + 3 to 4 teaspoons of milk-free baby cereal

Midday:

- ✓ Shredded chicken, green bean purée
- ✓ A bottle with 90 to 120 ml of your **rice protein hydrolysate formula**

Afternoon snack:

- ✓ Raspberry dessert
- ✓ Offer a bread crust

Evening:

- ✓ Shepherd's pie (see Fish brandade "tip")
- ✓ A bottle with 90 to 100 ml of your **rice protein hydrolysate formula**

Morning:

- ✓ A bottle with 180 to 210 ml of your **rice protein hydrolysate formula** + 3 to 4 teaspoons of milk-free baby cereal

Midday:

- ✓ Moussaka-style vegetarian purée
- ✓ A bottle with 90 to 120 ml of your **rice protein hydrolysate formula**

Afternoon snack:

- ✓ An upside-down crème caramel + milk-free sponge finger
- ✓ 50 g of apple compote

Evening:

- ✓ A bottle with 180 to 210 ml of your **rice protein hydrolysate formula** + 2 teaspoons of milk-free baby cereal

SAVOURY RECIPE

Broccoli flan

INGREDIENTS

- ✓ 300 g of broccoli
- ✓ 1 egg
- ✓ 15 g of corn starch
- ✓ 6 scoops of your rice protein hydrolysate formula or AR rice prescribed by your doctor
- ✓ 1 teaspoon of chopped parsley



5 min



40 min



48 h



- 1 Wash and prepare the **broccoli**. Steam for 5 minutes or place in pan of boiling water, then mash with a fork. Add the **whisked egg** and the **corn starch**.
- 2 Whisk to mix the scoops of your **rice protein hydrolysate formula** with 30 ml of cold water or **AR rice** with 50 ml of cold water. Stir this mixture with the broccoli.
- 3 Pour into flexible moulds and **bake in the oven for 40 minutes at 60°C** (th. 2). Remove from the mould while still warm.

Tip Don't hesitate to use a different vegetable to make this flan recipe.

Indicative nutritional values for one portion

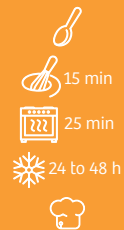
Energy	132 kcal
Protein	5.2 g
Carbohydrates	11 g
Fats	7.3 g
Sodium	75 mg
Calcium	98 mg

SAVOURY RECIPE

Moussaka-style vegetarian purée

INGREDIENTS

- ✓ 80 g of potatoes
- ✓ 50 g of eggplant
- ✓ 40 g of zucchini
- ✓ 1 tablespoon of tomato sauce
- ✓ Herbs (thyme, bay leaf, parsley)
- ✓ 3 scoops of your rice protein hydrolysate formula or AR rice prescribed by your doctor
- ✓ 1 tablespoon of olive oil
- ✓ 1 pinch of nutmeg



- 1 Wash then peel the **vegetables**. Cut them into pieces and put them in the steamer basket or in a pan of boiling water with the **herbs**. Steam for 15 to 20 minutes or boil for 10 to 15 minutes.
- 2 Once the vegetables are cooked, purée them and add the **tomato sauce**, then the scoops of your **rice protein hydrolysate formula or AR rice**. Add a generous tablespoon of **olive oil** and a pinch of **nutmeg**.
- 3 Switch the oven on in the grill position. Place the purée in a small oven dish and grill in the oven for 5 minutes.

Tip If you want to make moussaka, add 20 g of ground cooked lamb to your purée.

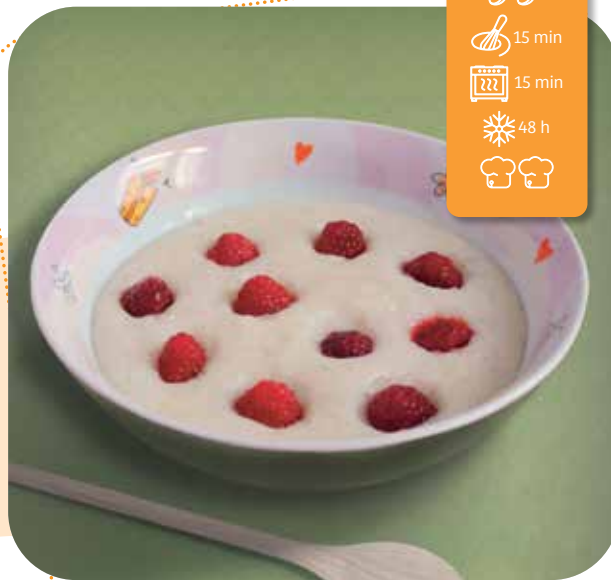
Indicative nutritional values for one portion

Energy	303 kcal
Protein	5.2 g
Carbohydrates	35 g
Fats	19 g
Sodium	143 mg
Calcium	122 mg

Raspberry dessert

INGREDIENTS

- ✓ 20 g of sugar
- ✓ 20 g of tapioca
- ✓ 8 scoops of your rice protein hydrolysate formula prescribed by your doctor or 7 scoops of AR rice
- ✓ 50 g of fresh or frozen raspberries



15 min

15 min



48 h



- 1 Bring 210 ml of **water** to the boil with the **sugar** and the **tapioca**. Cook on a low heat until it thickens (around 10 minutes). Allow to cool.
- 2 Mix the scoops of your **rice protein hydrolysate formula** with 30 ml of cold water or your **AR rice** with 50 ml of cold water. Stir this mixture into the tapioca cream.
- 3 Immediately pour this mixture into a plate and add the **raspberries**. For children who don't like lumps, mash them with a fork and stir into the still warm mixture. Allow to cool before serving.

Indicative nutritional values for one portion

Energy	165 kcal
Protein	2.4 g
Carbohydrates	29 g
Fats	4.0 g
Sodium	39 mg
Calcium	97 mg

SWEET RECIPE

Panacotta with berries

INGREDIENTS

- ✓ 1 tablespoon of sugar
- ✓ 1 tablespoon of corn starch
- ✓ ½ a teaspoon of agar
- ✓ 5 cl of strawberry syrup
- ✓ 15 scoops of your rice protein hydrolysate formula prescribed by your doctor or 13 scoops of AR rice



- 1 Mix the **sugar**, **corn starch** and **agar**.
Add 400 ml of **water**, bring to the boil, then remove from heat and add the **syrup**.
- 2 Mix the scoops of your **rice protein hydrolysate formula** with 100 ml of cold water or your **AR rice** with 150 ml of cold water.
Stir this mixture into the previous one.
- 3 Pour into glass verrines or yogurt jars.

Indicative nutritional values for one portion

Energy	139 kcal
Protein	2.0 g
Carbohydrates	25 g
Fats	3.7 g
Sodium	38 mg
Calcium	88 mg

Orange zabaglione

INGREDIENTS

- ✓ 3 egg yolks
- ✓ 50 g of sugar
- ✓ 210 ml of orange juice
- ✓ 7 scoops of your rice protein hydrolysate formula or AR rice prescribed by your doctor



- 1 Whisk the **egg yolks** and the **sugar** until the mixture turns white. Add the orange juice.
- 2 Heat a pan of **water** and immerse the container of mixture in it to make a bain-marie. Whisk gently until the mixture thickens, then remove from the bain-marie for 5 minutes.
- 2 Once the zabaglione has cooled, gradually add the scoops of your **rice protein hydrolysate formula or AR rice**, whisking vigorously to prevent lumps from forming. If necessary, strain the zabaglione.
- 4 Pour the mixture into cups.

Indicative nutritional values for one portion

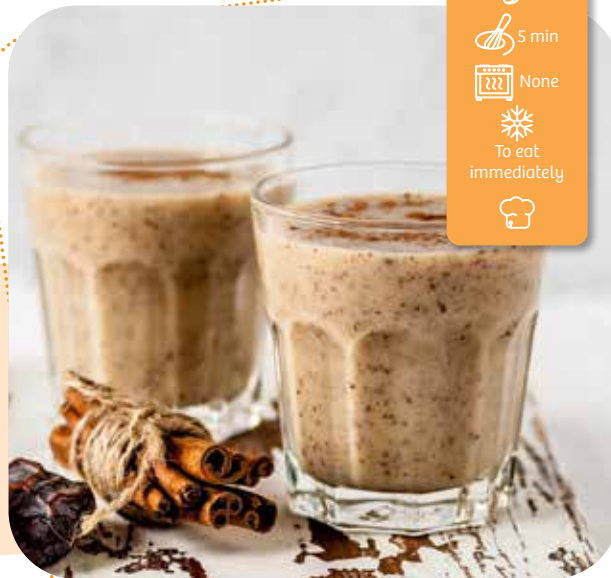
Energy	198 kcal
Protein	4.6 g
Carbohydrates	27 g
Fats	7.7 g
Sodium	28 mg
Calcium	69 mg

SWEET RECIPE

My first chestnut dessert

INGREDIENTS

- ✓ 1 sachet of **vanilla-flavoured Modilac My 1st milk-free dessert**
- ✓ 1 milk-free sponge finger
- ✓ 1 teaspoon of chestnut cream
- OR
- 1 teaspoon of chestnut purée
- + 1 teaspoon of sugar



5 min

None



To eat immediately



- 1 Prepare **Modilac My 1st milk-free dessert** by whisking the contents of the sachet with 90 ml of **water**.
- 2 Divide the mixture into two, then flavour one half with the **chestnut cream**. Roughly crumble the **sponge finger**.
- 3 Pour the **Modilac My 1st milk-free dessert** into a verrine, sprinkle in the crumbled sponge finger, then finish with the chestnut cream mixture.

Indicative nutritional values for one portion

Energy	143 kcal
Protein	1.9 g
Carbohydrates	26 g
Fats	3.2 g
Sodium	46 mg
Calcium	80 mg

Quick crumble

INGREDIENTS

- ✓ 1 sachet of **plain or vanilla-flavoured Modilac My 1st milk-free dessert**
- ✓ 1 generous teaspoon of **cornflakes**
- ✓ 1 square of **dessert chocolate**
- ✓ 50 g of **apple and pear compote**



- 1 Prepare **Modilac My 1st milk-free dessert** by whisking the contents of the sachet with 90 ml of **water**.
- 2 Roughly crush the **cornflakes**. Grate the square of **chocolate**.
- 3 Pour the **Modilac My 1st milk-free dessert** mixture into a verrine, followed by the fruit compote and finish with a layer of cornflakes and grated chocolate.

Indicative nutritional values for one portion

Energy	166 kcal
Protein	2.2 g
Carbohydrates	27 g
Fats	4.7 g
Sodium	91 mg
Calcium	80 mg

From **12** months of age



From **12** months of age

Milk-free recipe suggestions will become **more and more important** because your child wants to eat **like a grown-up**, but you have to make sure that they get the right amount of nutrition and, of course, **without milk**.

Young children can now start to eat **pulses**, such as lentils. You will be able to make new dishes, like chickpea puree or **soup thickened** with lentils or navy beans, for example. It is also time to introduce your child to **raw and salad vegetables**, such as tomato cubes or finely grated cucumber with a little **olive oil**, for example.

With the **changing textures**, your child will learn to be more independent, grasping foods in their hand and putting them in their mouth themselves. The next step is **learning to feed themselves with a spoon**: at this stage, baby can sit up alone and take a crust of bread or milk-free baby cookie, under constant adult supervision. **But don't worry**, most of

Cooking tip

Do not hesitate to use herbs, or a little garlic or onion to flavour the cooking water for your vegetables. From the 2nd year, you can use spices, such as cinnamon, nutmeg, turmeric, curry, pepper in small quantities, if you wish.



the time, if your baby puts a piece of food into their mouth that is too big, their automatic reflex is to “be sick” **to eject the food**. The transition to independence also involves your child **touching** foods to **familiarize** themselves with them. A typical example is when babies are able to **grab** small sticks of ripe pear and **put them in their mouth**. At this stage, it's important to **accept that baby might get a little messy**.





A few menu ideas from 12 months of age



- Morning:**
- ✓ A bottle with 240 ml of **Modilac Expert Rice Growing-Up formula** + 3 to 4 teaspoons of milk-free baby cereal
 - ✓ A cracker + honey
- Midday:**
- ✓ Mini fish cakes
 - ✓ Green beans pan-fried in olive oil
 - ✓ Porridge with **Modilac Expert Rice Growing-Up formula**
- Afternoon snack:**
- ✓ Peach compote
 - ✓ Light pancakes
- Evening:**
- ✓ Thick vegetable soup
 - ✓ A bottle with 120 ml of **Modilac Expert Rice Growing-Up formula** + 2 teaspoons of milk-free baby cereal

- Morning:**
- ✓ A bottle with 240 ml of **Modilac Expert Rice Growing-Up formula** + 3 to 4 teaspoons of milk-free baby cereal
 - ✓ A milk-free sponge finger
- Midday:**
- ✓ Stuffed zucchini
 - ✓ Mini millasou cakes
- Afternoon snack:**
- ✓ Pear and gingerbread cream
- Evening:**
- ✓ Polenta pancake with mushrooms
 - ✓ An upside-down crème caramel
 - ✓ A few slices of soft pear

- Morning:**
- ✓ A bottle with 240 ml of **Modilac Expert Rice Growing-Up formula** + 3 to 4 teaspoons of milk-free baby cereal
 - ✓ A slice of bread + dairy-free margarine
- Midday:**
- ✓ Stuffed potato surprises
 - ✓ Grated cucumber in salad dressing
 - ✓ Soft fruit salad
- Afternoon snack:**
- ✓ Rice pudding and roasted apple
- Evening:**
- ✓ Vegetable flan
 - ✓ Creamy vanilla rice pudding with fruit coulis

SAVOURY RECIPE

Stuffed potato surprises

INGREDIENTS

- ✓ 100 g of potatoes
- ✓ 2 carrots
- ✓ 3 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 2 tablespoons of olive oil
- ✓ 1 slice of ham, blended



- 1 Wash and peel the **vegetables**. Scoop out the **potatoes** so they can be stuffed.
- 2 Cook the chopped **carrots** and the inside of the potatoes in salted water. At the same time, steam the cored potatoes for about 20 minutes.
- 3 Switch the oven on in the grill position. Blend the carrots and inside of the potatoes with a little of the cooking water. Add the scoops of **Modilac Expert Rice Growing-Up formula** and the **oil** to obtain a thick purée. Add the blended **ham**, fill the potato pouches with this mixture. Grill for a few moments (around 5 minutes).

Jasty tip

These potatoes can be served with a tomato sauce.

Indicative nutritional values for one portion

Energy	217 kcal
Protein	6.0 g
Carbohydrates	19 g
Fats	12 g
Sodium	166 mg
Calcium	64 mg

SAVOURY RECIPE

Polenta pancakes with mushrooms

INGREDIENTS

- ✓ 4 fresh button mushrooms
- ✓ 1 shallot
- ✓ 1 tablespoon of olive oil
- ✓ Parsley
- ✓ 120 g of polenta
- ✓ 200 g of home-made tomato coulis (optional)
- ✓ 560 ml of water
- ✓ 12 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ Pepper
- ✓ 1 tablespoon of olive oil



20 min

15 min

48 h



- 1 Cut the stalks off the **mushrooms**, then wash and slice them. Peel and chop the **shallot**. Heat 1 spoon of **oil** in a frying pan and lightly sauté the shallot. Add the **mushrooms** and chopped **parsley**. Pepper. Cook for around 5 minutes.
- 2 Pour 560 ml of **water** into a pan and bring to the boil. Add salt then pour in the **polenta** and cook for about 5 minutes over low heat, stirring constantly. Add the scoops of **Modilac Expert Rice Growing-Up formula**. The polenta should come away from the pan. Remove from the heat, add the mushrooms, mix and place in a dish. Press down well and allow to cool.
- 3 Cut the polenta into squares or rounds. Heat 1 tablespoon of olive oil in the pan and brown the polenta pancakes until they are coloured. Serve spread with **tomato coulis**.

Indicative nutritional values for one portion

Energy	176 kcal
Protein	3.6 g
Carbohydrates	19 g
Fats	9.2 g
Sodium	34 mg
Calcium	108 mg

Stuffed zucchini

INGREDIENTS

- ✓ 2 round zucchinis for stuffing
- ✓ 2 tablespoons of olive oil
- ✓ A few slices of onions
- ✓ Coriander sprigs
- ✓ 40 g of minced beef or lamb
- ✓ ½ a glass of Camargue rice
- ✓ Vegetable stock
- ✓ 3 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ Pepper



10 min

30 min

24 h



- 1 Wash the **zucchini**, cut off the top and scoop out the flesh. Put aside the cored courgettes. Heat the **oil** in a frying pan and lightly fry the **onion** with the zucchini flesh and chopped **coriander**. Add the **minced meat** until it browns nicely. Incorporate the rice, cover with water or **vegetable stock**. Pepper.
- 2 Cook until the rice is soft, then add 3 scoops of **Modilac Expert Rice Growing-Up formula**.
- 3 Put the mixture back inside the zucchini and cook for 10 to 15 minutes in a steamer or 8 to 10 minutes in a pressure cooker in steam mode.

Indicative nutritional values for one portion

Energy	248 kcal
Protein	9.2 g
Carbohydrates	20 g
Fats	15 g
Sodium	51 mg
Calcium	67 mg

SAVOURY RECIPE

Mini fish cakes

INGREDIENTS

- ✓ 1 glass of Camargue or Arborio rice
- ✓ 100 g of cod or ling fillet
- ✓ 2 tablespoons of olive oil
- ✓ 4 teaspoons of corn starch
- ✓ 3 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ Chopped parsley
- ✓ 200 g of home-made tomato coulis



15 min

20 min

24 h



- 1 Cook the **rice** in a large pan of **salted water** for 8 minutes. Meanwhile, fry the **fish** fillet in a frying pan with a tablespoon of **oil**.
- 2 Dissolve the **corn starch** in a little hot water.
- 3 Add the **chopped parsley**, the **tomato coulis**, the drained rice and the corn starch to the fish, and cook for 20 minutes. Add the scoops of **Modilac Expert Rice Growing-Up formula**. Fill into small individual oiled moulds.
- 4 Place in the **oven at thermostat 6** for 20 minutes then remove from moulds.

Indicative nutritional values
for one portion

Energy	203kcal
Protein	7.3 g
Carbohydrates	25 g
Fats	7.9 g
Sodium	85 mg
Calcium	53 mg

SWEET RECIPE

Pear and gingerbread cream

INGREDIENTS

- ✓ 180 ml of water
- ✓ 2 small slices of gingerbread (40 g) without milk, cream or butter
- ✓ 2 tablespoons of coconut milk
- ✓ 1 pear in light syrup cut into small cubes
- ✓ 6 scoops of **Modilac Expert Rice Growing-Up formula**



15 min

5 min

24 to 48 h



- 1 Blend the **gingerbread**, pour into the **water** and the **coconut milk**, which have been gently warmed. Cook until the mixture thickens. Then add the scoops of **Modilac Expert Rice Growing-Up formula**.
- 2 Fill into 2 cups and leave to cool for around 10 minutes. Decorate with the pear cubes, then place in the refrigerator.

Indicative nutritional values for one portion

Energy	183 kcal
Protein	2.5 g
Carbohydrates	26 g
Fats	6.2 g
Sodium	72 mg
Calcium	83 mg

SWEET RECIPE

Rice pudding and roasted apple

INGREDIENTS

- ✓ 20 g of sugar
- ✓ 50 g of round rice
- ✓ 10 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 1 apple
- ✓ 1 teaspoon of sugar
- ✓ 1 teaspoon of sunflower oil



10 min

25 min

48 h



- 1 Cook the **round rice** in 270 ml of water for the time indicated on the packet. Once the rice is cooked, add the 20 g of **sugar**. Mix the scoops of **Modilac Expert Rice Growing-Up formula** with 70 ml of cold water and stir this mixture into the rice.
- 2 Peel the **apple** and slice it finely.
In a hot frying pan, brown the **apple** slices in a little **oil**, then finish cooking by adding a spoonful of **sugar**.
- 3 Place the roasted apple in the bottom of the verrine and add the rice pudding.

Indicative nutritional values for one portion

Energy	303 kcal
Protein	4.6 g
Carbohydrates	51 g
Fats	8.5 g
Sodium	55 mg
Calcium	150 mg

Chocolate-cherry mousse

INGREDIENTS

- ✓ ½ a teaspoon of agar
- ✓ 20 g of sugar
- ✓ 80 g of dark chocolate
- ✓ 10 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 5 cl of cherry juice
- ✓ A few ice cubes



15 min

3 min

To eat immediately



- 1 In a pan, bring to the boil 50 ml of **water** with the **agar** and **sugar**. Add the **chocolate**, chopped into pieces. Allow to cool.
- 2 Mix the scoops of **Modilac Expert Rice Growing-Up formula** with 30 ml of cold water then stir this mixture into the chocolate and cherry juice.
- 3 Transfer the mixture to a bowl. Prepare an ice batch with water and ice cubes. Immerse the bowl and beat the chocolate mixture with an electric whisk at high speed.
- 4 Make large circles to incorporate air into the mixture, which will lighten and develop a mousse texture. Pour into ramekins and serve.

Indicative nutritional values for one portion

Energy	257 kcal
Protein	4.2 g
Carbohydrates	25 g
Fats	14 g
Sodium	33 mg
Calcium	106 mg

SWEET RECIPE

Light pancakes

INGREDIENTS

- ✓ 1 tablespoon of wheat flour
- ✓ 4 tablespoons of corn starch
- ✓ 1 sachet of vanilla sugar (optional)
- ✓ 5 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 1 egg
- ✓ 1 tablespoon of rapeseed oil
- ✓ 150 ml of sparkling water

7 to 8 pan-
cakes
 15 min

 20 min
To eat im-
mediately

- 1 Pour the spoonful of **flour** into a bowl and mix with the **corn starch**, the scoops of **Modilac Expert Rice Growing-Up formula** and the vanilla sugar. Make a well in the centre, then add the **egg**, the **oil** and the **sparkling water**, stirring all the time to get plenty of air into the mixture.
- 2 Grease a frying pan using absorbent paper soaked in **oil**.
Pour a small ladle of mixture into the pan, turning the pan so that it coats the surface.
Cook for
2 minutes on each side.
- 3 Fill your pancakes with jam, honey, sugar, or melted dark chocolate.

Cooking

If you want to make savoury crepes,
do not add the sachet of vanilla sugar.

Indicative nutritional values
for one portion

Energy	73 kcal
Protein	1.7 g
Carbohydrates	9.7 g
Fats	3.0 g
Sodium	19 mg
Calcium	26 mg

Mini millasou cakes

INGREDIENTS

- ✓ 20 g of sugar
- ✓ 300 g of carrots
- ✓ 10 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 2 dry apricots
- ✓ 2 tablespoons of grated coconut



- 1 Bring ½ a litre of **water** to the boil with the **sugar**.
Add the peeled and sliced **carrots**.
Once the carrots are soft, put them through a food mill. Allow to cool.
- 2 Whisk to mix the scoops of **Modilac Expert Rice Growing-Up formula** with 30 ml of cold water and stir this mixture into the cooked carrot cream.
- 3 Cut up the **dried apricots** into very small cubes and carefully stir into the mixture.
- 4 Mould the mixture into cake shapes. Sprinkle with **coconut**.

Indicative nutritional values for one portion

Energy	215 kcal
Protein	3.3 g
Carbohydrates	29 g
Fats	8.0 g
Sodium	83 mg
Calcium	141 mg

SWEET RECIPE

Mango and coconut charlotte

INGREDIENTS

- ✓ 1 sachet of **plain Modilac My 1st milk-free dessert**
- ✓ 3 milk-free sponge fingers
- ✓ 50 g of fresh ripe or frozen mango

For the syrup:

- ✓ 15 ml of coconut milk
- ✓ 15 ml of water
- ✓ 1 teaspoon of sugar



- 1 Prepare **Modilac My 1st milk-free dessert** by whisking the contents of the sachet with 90 ml of **water**. Cut up the **mango** into small cubes. Keep back one tablespoon for decoration.
- 2 Prepare the syrup by whisking together the **coconut milk**, the **sugar** and the **water**, soak the **sponge fingers** in the syrup quickly, then cover the walls of the individual moulds.
- 3 Fill the ramekin with alternating layers of **Modilac My 1st milk-free dessert** and mango cubes. The rest of the **Modilac My 1st milk-free dessert** and the mango will be used as decoration. Then top with the remaining pieces of sponge finger. Cover with a small plate.
- 4 Leave the preparation for at least 1 hour in the refrigerator before serving. Then remove the charlotte from its mould onto a small plate, decorate with the mango cubes and the remaining **Modilac My 1st milk-free dessert**.

Indicative nutritional values for one portion

Energy	224 kcal
Protein	3.1 g
Carbohydrates	37 g
Fats	6.3 g
Sodium	60 mg
Calcium	87 mg

SAVOURY RECIPE

Avocado mousse toast

INGREDIENTS

- ✓ 1 sachet of **plain Modilac My 1st milk-free dessert**
- ✓ 1/3 of a very ripe avocado
- ✓ A few drops of lemon juice
- ✓ A dash of cumin
- ✓ 1 teaspoon of olive oil
- ✓ 1 cracker



- 1 Mash the **avocado** with a fork, add a few drops of **lemon**, then the **olive oil** and the dash of **cumin**.
- 2 Prepare **Modilac My 1st milk-free dessert** by whisking the contents of the sachet with 90 ml of **water**. Combine the 2 mixtures.
- 3 Leave the preparation for at least 1 hour in the refrigerator before serving. Serve with a **cracker**. You can add a few cucumber sticks if your child is ready to accept these.

Indicative nutritional values for one portion

Energy	222 kcal
Protein	2.6 g
Carbohydrates	177 g
Fats	15 g
Sodium	65 mg
Calcium	79 mg

From **18** months of age



From 18 months of age

When cow's milk protein allergy **persists**, it is important to ensure a **well-balanced diet** with the right amount of **milk substitute, starchy foods, meat, fish and eggs**, as well as **fats**. In fact, fats are essential foods for children. By offering a **variety of oils**, you can cover your baby's **energy requirements**, as well as their requirements in terms of the different **fatty acids**. Their **fat** requirements will also be covered by **Modilac Expert Rice Growing-Up formula**. These formulas contain the essential fatty acids (which the body cannot make itself) that babies need for their **brain and sensory development**.

At this age, your child really can refuse to take their bottle, so it is useful to offer **recipes** and **tips** that will help you make sure your baby gets **the right amount of formula substitute**. In addition, babies now really want to **feed themselves**: a thick texture will make it easier for them to handle the spoon. Here are a few **examples of textures**: soft pear or peach cubes, small meat balls, or rice balls, flaked fish, omelette, small pasta such as pasta shells, small square of cake, etc.



Neophobia

Also known as fussy or picky eating, this begins at around 18 months/2 years of age and generally stops at around 6/7 years old on average. For some children, there is no real issue. When **cow's milk protein allergy** persists, mealtimes can be tricky. Often **vegetables** are the foods **the child refuses**. Whatever the case, children need to test the boundaries. Don't worry, there are simple solutions, such as staying calm, **not raising the stakes during the meal**, or **not resorting to blackmail**, such as "if you eat your vegetables, you can have dessert".

The less parents react, the quicker calm will return.



A few menu ideas from 18 months of age



- Morning:**
- ✓ A bottle with 240 ml of **Modilac Expert Rice Growing-Up formula**
 - + 3 to 4 teaspoons of milk-free baby cereal
 - ✓ Offer a few plain cornflakes

- Midday:**
- ✓ Pumpkin waffles
 - ✓ Pear and gingerbread cream
 - ✓ Fruit salad

- Afternoon snack:**
- ✓ Chocolate fondant
 - ✓ A cup of **Modilac Expert Rice Growing-Up formula**

- Evening:**
- ✓ Pancake stuffed with ratatouille
 - ✓ Chocolate cream
 - ✓ ½ a small peach

- Morning:**
- ✓ A bottle with 240 ml of **Modilac Expert Rice Growing-Up formula**
 - + 3 to 4 teaspoons of milk-free baby cereal
 - ✓ A slice of bread + honey

- Midday:**
- ✓ Chicken pasta salad
 - ✓ Chocolate-cherry mousse
 - ✓ Raspberries

- Afternoon snack:**
- ✓ Tapioca pearls with fruit

- Evening:**
- ✓ Shepherd's pie (see Fish brandade tip)
 - ✓ Chopped tomato in salad dressing
 - ✓ A cup of **Modilac Expert Rice Growing-Up formula** + mixed fruit

- Morning:**
- ✓ A bottle with 240 ml of **Modilac Expert Rice Growing Up formula**
 - + 3 to 4 teaspoons of milk-free baby cereal
 - ✓ A slice of bread + dairy-free margarine

- Midday:**
- ✓ Vegetable risotto
 - ✓ Panacotta with berries

- Afternoon snack:**
- ✓ Chocolate and banana pizza
 - ✓ A cup of **Modilac Expert Rice Growing-Up formula**

- Evening:**
- ✓ Cauliflower and potato mash
 - ✓ A vanilla cream
 - ✓ Strawberries with sugar

Vegetable risotto

INGREDIENTS

- ✓ 1 carrot
- ✓ ½ a zucchini
- ✓ 1 small leek (white part)
- ✓ 1 tablespoon of olive oil
- ✓ ½ a glass of risotto (Arborio type)
- ✓ Pepper
- ✓ 150 ml of vegetable stock
- ✓ 3 scoops of **Modilac Expert Rice Growing-Up formula**



- 1 Wash the **vegetables**. Dice the carrot and zucchini and chop the leek.
- 2 Soften the leek in the **oil**, then add the carrots and zucchini. Stir in the **rice** after 3 minutes, mix well and add a pinch of pepper.
- 3 Pour in 2 thirds of the **stock**. Allow to simmer, adding the stock gradually, until it is completely cooked (the rice must be soft).
- 4 Add the scoops of **Modilac Expert Rice Growing-Up formula** with 50 ml of **water**. Finish cooking for a few minutes.

Indicative nutritional values for one portion

Energy	166 kcal
Protein	3.1 g
Carbohydrates	19 g
Fats	8.1 g
Sodium	92 mg
Calcium	70 mg

Pumpkin waffles

INGREDIENTS

- ✓ 100 g of home-made or frozen plain pumpkin purée
- ✓ 75 g of wheat flour
- ✓ 1 teaspoon of chemical yeast
- ✓ 7 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 1 egg
- ✓ Chopped parsley
- ✓ Salt, pepper
- ✓ 1 tablespoon of olive oil



15 min

20 min

24 h



- 1 Defrost the **pumpkin purée** following the manufacturer's instructions, or use home-made pumpkin purée.
- 2 Pour the **flour** and the **yeast** into a bowl, then the scoops of **Modilac Expert Rice Growing-Up formula**. Add the **egg** and 150 ml of **water**. Whisk to mix.
- 3 Combine the two mixtures and add the finely chopped **parsley**, a little **pepper**, a very small pinch of **salt** and the teaspoon of **oil**.
- 4 Oil the waffle iron and cook a ladleful of the mixture until the waffle comes away easily. Allow to cool before serving.

Indicative nutritional values for one portion

Energy	266 kcal
Protein	6.1 g
Carbohydrates	25 g
Fats	15 g
Sodium	60 mg
Calcium	89 mg

Chicken pasta salad

INGREDIENTS

- ✓ 100 to 120 g of chicken breast
- ✓ 1 teaspoon of turmeric
- ✓ 1 lemon
- ✓ 1 tablespoon of rapeseed oil
- ✓ 2 carrots
- ✓ 200 g of broccoli
- ✓ Salt
- ✓ 100 g of farfalle or pasta shells
- ✓ 1 tablespoon of olive oil
- ✓ ¼ of a teaspoon of mild curry
- ✓ 1 tablespoon of rapeseed oil
- ✓ 2 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 1 small lettuce heart

- 1 Cut the **chicken** into thick strips, dust with **turmeric**, sprinkle over 2 tablespoons of **lemon juice** and leave to marinate for at least 30 minutes in the refrigerator. Brown the strips of **chicken** in 1 tablespoon of **oil** and set aside.
- 2 Peel the **carrots**, then wash, slice and steam for 5 minutes. Add the **broccoli** and continue cooking for 5 minutes.
- 3 Cook the **farfalle** or **pasta shells** until they are al dente in salted boiling water. Refresh, drain and pour the pasta into a bowl and sprinkle with 1 tablespoon of oil.
- 4 Add a pinch of **mild curry** to a bowl and dissolve with 1 tablespoon of lemon juice, 2 tablespoons of water, the scoops of **Modilac Expert Rice Growing-Up formula** then emulsify with oil. Rinse and drain the **salad** then cut the leaves into strips.
- 5 Place all the ingredients in the bowl, pour over the sauce, mix and serve.



20 min
+ marinade:
30 min

15 min

24 h



Indicative nutritional values for one portion

Energy	154 kcal
Protein	8.8 g
Carbohydrates	15 g
Fats	6.9 g
Sodium	88 mg
Calcium	42 mg

SWEET RECIPE

Chocolate and banana pizza

INGREDIENTS

Dough:

- ✓ 3 g of baker's yeast
- ✓ 250 g of wheat flour
- ✓ Salt
- ✓ 2 tablespoons of olive oil

Topping:

- ✓ 2 bananas
- ✓ 2 tablespoons of water
- ✓ 150 g of dark chocolate
- ✓ 1 scoop of **Modilac Expert Rice Growing-Up formula**
- ✓ 20 g of sugar
- ✓ 1 tablespoon of cocoa

For 1 pizza,
i.e. 8 to 10 slices

 20 min
+ resting time:
45 min

 30 min

 24 h



- 1** Dissolve the **yeast** in a little warm **water**.
Pour the **flour** into a bowl, add **salt**, the **oil** and the dissolved yeast.
Pour in 20 cl of warm water to obtain a smooth dough. Allow to rest for 45 minutes.
- 2** Preheat the **oven to 200°C** (th.6/7). Roll out the pizza dough and place it on a non-stick baking sheet (or pizza pan). Bake in the oven for around 10 minutes.
- 3** Meanwhile, peel the **bananas** and cut them into rounds.
Chop the **chocolate** and put it in a bowl with 2 tablespoons of water.
Melt it for 20 to 30 seconds in the microwave, whisk it vigorously,
add the scoop of **Modilac Expert Rice Growing-Up formula**.
- 4** Spread the chocolate on the pre-baked pizza dough, then lay on the banana slices.
Sprinkle with **sugar**, put the pizza back in the oven and bake for around 10 minutes.
Sprinkle on the cocoa and serve.

Indicative nutritional values for one portion

Energy	221 kcal
Protein	3.9 g
Carbohydrates	30 g
Fats	8.7 g
Sodium	12 mg
Calcium	17 mg

Japioca pearls with fruit

INGREDIENTS

- ✓ 150 ml of coconut milk
- ✓ 30 g of sugar
- ✓ 50 g of tapioca beads or pearls
- ✓ 6 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 250 g of berries



15 min
+ refrigeration:
2 hours

20 min

48 h



- 1 Pour 180 ml of **water** and the **coconut milk** into a pan, add the **sugar**, mix and bring to the boil. Pour in the **tapioca pearls**, allow to return to the boil then cook over low heat for about 15 minutes, stirring very frequently.
- 2 Take the pan off the heat, add the scoops of **Modilac Expert Rice Growing-Up formula** and allow to cool.
- 3 Reduce the **berries** to a fine purée and strain. Divide the fruit purée into small ramekins and cover with **tapioca**. Allow to cool, then place in the **refrigerator for around 2 hours**. Serve chilled.

Indicative nutritional values for one portion

Energy	273 kcal
Protein	2.8 g
Carbohydrates	36 g
Fats	12 g
Sodium	36 mg
Calcium	87 mg

Rice flour shortbread

INGREDIENTS

- ✓ 50 g of quinoa flour or starch
- ✓ 100 g of rice flour
- ✓ 40 g of sugar
- ✓ Salt
- ✓ 100 g of non-dairy vegetable margarine
- ✓ 1 scoop of **Modilac Expert Rice Growing-Up formula**

- 1 Pour the **quinoa flour** and the **rice flour** into a bowl, add the **sugar**, the scoop of **Modilac Expert Rice Growing-Up formula** and a pinch of **salt**. Mix.
- 2 Mix in the **margarine** cut into cubes, and a little **water** and work the mixture to obtain a dough.
- 3 Preheat the **oven to 180°C** (th.6). Form a ball, flour the work surface and roll out the dough. Using a cookie cutter, cut out the shortbread and place on a non-stick baking sheet. Bake in the oven for around 10 minutes.



20 min

10 min



In a hermetically-sealed box at room temperature



Indicative nutritional values for one portion

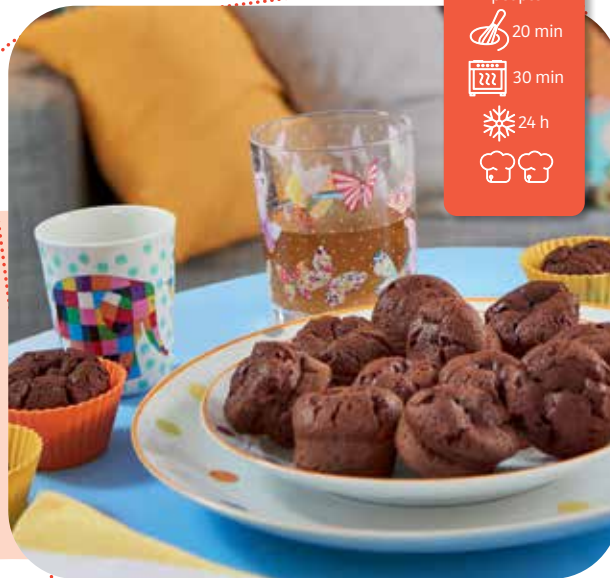
Energy	243 kcal
Protein	1.7 g
Carbohydrates	27 g
Fats	14 g
Sodium	30 mg
Calcium	5.4 mg

Chocolate fondant

INGREDIENTS

- ✓ 150 g of dark chocolate
- ✓ 3 scoops of **Modilac Expert Rice Growing-Up formula**
- ✓ 40 g of corn starch
- ✓ 50 ml of sunflower oil
- ✓ 40 g of sugar
- ✓ 3 eggs

- 1 Break the **chocolate** into pieces and melt in a bain-marie. Add 3 beaten **eggs**.
- 2 Heat 100 ml of **water** to 37 or 40°C. Mix the scoops of **Modilac Expert Rice Growing-Up formula** in warm water. Add this mixture to the melted chocolate and mix well.
- 3 Stir in the **corn starch**, the **oil** and the **sugar**. Mix well then pour into small oiled moulds.
- 4 Bake for around **15 minutes at 180°C** (th.6).



For 4 to 6 people

 20 min

 30 min

 24 h



Indicative nutritional values for one portion

Energy	310 kcal
Protein	5.8 g
Carbohydrates	25 g
Fats	20 g
Sodium	45 mg
Calcium	52 mg



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* In accordance with the regulations relative to food for special medical purposes.

1. Bocquet, A. et al. (2019). Efficacy and safety of hydrolyzed rice-protein formulas for the treatment of cow's milk protein allergy. Archives of Pediatrics, 26(4), 238-246.

Important advice: Breast milk is the ideal and natural food for babies. It is important for mothers to have a healthy diet to prepare for and continue breastfeeding. Mixed feeding can hamper breastfeeding and it is difficult to reverse a decision not to breastfeed. Socio-economic implications should be considered when choosing the feeding method for a baby. It is important to follow medical advice for feeding a baby and to comply with the instructions for preparing and using infant formula, since abusive or incorrect use could pose a risk to the baby's health. Dietary foods for special medical purposes should be used under medical supervision.

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