



**Neocate®**

## **Food Allergy Cookbook**



**Delicious, allergy-friendly recipes  
for your family to enjoy!**



Whether you are a veteran allergy-free cook or the parent of a newly diagnosed child, we know how difficult mealtime can be if you have a child whose food choices are restricted by food allergies.

With the help of other members of the food allergy community, we have compiled this cookbook to share the most delicious, allergy-friendly recipes for your family to enjoy. All recipes are free of 1 or more of the top 8 allergens (milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soy).

Please check each recipe to be sure all ingredients are safe for your child. If you have any questions, please consult with your physician.

We would like to give a special thank you to all those families who submitted their recipes for this cookbook. We hope you find some new favorites!

- The Neocate Team

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# Breakfast

## Baked Oatmeal

- 1 cup oil (can sub. applesauce)
- 1 1/2 cups sugar (can reduce)
- 4 eggs
- 6 cups oats (not the quick-cook kind)
- 4 tsp baking powder
- 1 tsp salt
- 1 tsp cinnamon
- 2 cups water

Combine all ingredients in order listed. Pour into a greased 9 x13" pan. Bake at 375°F for 30-40 minutes until lightly browned. Serve with fresh fruit (bananas, strawberries, blueberries).

**Notes:** Do not use cooking sprays as all of them contain soy. I used olive oil.

**Submitted by:** Kristy Harbaugh

Makes 8 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	650	11 g	79 g	6 g

## Cinnamon Breakfast Bread

- 2 cups Bob's Red Mill All Purpose Baking Flour
- 3 tsp gluten-free baking powder
- 2 tsp sugar
- 1/2 tsp salt
- 1/2 cup Spectrum Organic All Vegetable Shortening
- 5 fl oz rice milk (or Neocate formula)

Stir together flour, baking powder, sugar & salt. Cut in shortening with a fork until fine and mealy. Add rice milk (or Neocate formula) all at once.

Pour into a greased 8" pan, sprinkle with cinnamon sugar mixture and bake at 400°F for 10 to 12 minutes. Serve warm for breakfast.

**Submitted by:** Mary Blackorby

Makes about 12 servings

Per Serving:*	Calories	Protein	Carbohydrates	Fat
	150	2 g	17 g	9 g

\* Nutrition information for recipe using rice milk.



## Country Pancakes

- 2 cups rice milk
- 1/3 cup canola oil
- 1 cup sugar
- 2 eggs
- 2 cups flour
- 2 Tbsp baking powder
- 1 tsp vanilla

Beat together rice milk, canola oil, sugar and eggs. Add remaining ingredients and beat together until well blended. Pour batter on hot greased skillet to desired size and flip when bubbles form.

**Submitted by:** Marie Bedard

Makes about 10 pancakes

Per Serving:	Calories	Protein	Carbohydrates	Fat
	250	4 g	39 g	9 g

## Crepe Suzettes

- 1 cup flour
- 1 cup organic rice milk
- 3 eggs
- 1/2 tsp salt
- 1 Tbsp sugar
- 1 tsp vanilla
- 2 Tbsp canola oil (as needed to keep skillet oiled and prevent sticking)

Put all ingredients except oil into a blender and blend until smooth using a spatula to scrape sides down. Prep bottom and sides of a round crepe pan or standard size nonstick frying pan with canola oil on medium heat. Pour 1/4 cup of batter onto hot skillet and twirl pan to spread the batter into an even thin circle. Turn crepe when bubbles start to form - approximately 1 minute on each side. If crepes are browning too quickly, reduce heat.

**Submitted by:** Anne Medsker

Makes about 4 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	260	8 g	31 g	12 g

## French Toast

- 2 pieces of spelt bread
- 1/4 cup of soy milk
- Dash of cinnamon

Combine milk and cinnamon. Dip and coat the bread lightly in the soy milk mixture. Place on preheated skillet on low-med heat. You will have to cook it longer to ensure the soy milk dries and the toast isn't mushy.

**Notes:** Our whole family LOVES this alternative since it makes a very sweet French toast with no dairy or egg products.

**Submitted by:** Katherine Kennedy

Per 2 pieces:	Calories	Protein	Carbohydrates	Fat
	250	10 g	44 g	5 g

## Healthier Breakfast Cookies

- 1 cup margarine or coconut oil
- 1 cup sucanat (sugar cane natural)
- 1/2 cup brown sugar
- 1/2 cup applesauce (unsweetened)
- 1/2 cup peanut butter substitute (preferably Sunbutter but almond butter can be used as well)
- 1 Tbsp vanilla
- 1 tsp baking powder
- 1 tsp baking soda
- 2 cups whole wheat flour
- 1 cup oatmeal
- 1 cup dry cereal (your choice; for example, puffed rice)
- 1/2 cup dairy-free chocolate chips

Optional Additions:

- 2 Tbsp wheat germ
- 2 Tbsp hemp seed
- 2 Tbsp milled flax
- 1/2 cup coconut flakes
- 1/2 cup raisins or other dried fruit
- 1/2 cup nuts

Melt together margarine or coconut oil. Add sugars and cream thoroughly. Mix remaining ingredient and stir in any or all of the optional ingredients. Drop by rounded tablespoons onto lightly greased cookie sheet. Bake at 350°F for 11-13 minutes.

**Note:** These cookies do not turn a golden brown, but they continue to crisp after cooking. I have found that I get best results when they are still just a little gooey coming out of the oven and leave them on the cookie sheet to cool for at least 5 minutes. Then I transfer them to a cooling rack. Cookies need to be refrigerated once they are cooked or they will fall apart easily.

**Submitted by:** Ladean Jensen

Makes 3 dozen cookies

Per cookie:	Calories	Protein	Carbohydrates	Fat
	150	2 g	17 g	9 g

## Neocate Oatmeal

- 1 package of instant oatmeal
- 1/2 cup Neocate, prepared

Mix up to 1/2 cup of prepared Neocate with instant oatmeal.

**Submitted by:** Michele Michnowski

\*Nutrition information will depend on type and amount of oatmeal used.

## Pancakes

- 2/3 cup rice flour
- 1/4 cup water
- Pinch of salt
- 2 Tbsp sugar
- 1 1/2 tsp baking soda

Mix all ingredients together. Heat oil in a skillet on stovetop. Pour about 1/2 cup of mixture onto hot oil. Cook a few minutes until firm then turn over.

**Submitted by:** Sophie Jakovich

Makes about 4 pancakes

Per pancake:	Calories	Protein	Carbohydrates	Fat
	120	1 g	26 g	0 g

## Rice Flour Pancakes

- 1 cup rice flour
- 1 tsp baking powder
- 1 whole egg
- 1 Tbsp oil
- 1/2 cup milk
- 1 Tbsp vinegar

Heat skillet or electric griddle to 400°F. Combine ingredients. Pour 1/4 cup batter onto skillet or griddle. Bake on one side until bubbly and then flip.

**Submitted by:** Karen Mischler

Makes 8 pancakes

Per pancake:	Calories	Protein	Carbohydrates	Fat
	80	2 g	12 g	2.5 g

## Wheat-Free Pumpkin Muffins

- 3 cups wheat-free flour
- 2 cups sugar
- 1/2 tsp cinnamon
- 2 tsp baking soda
- 1 cup canola oil
- 2 cups canned pumpkin

In a large mixing bowl, sift together dry ingredients. Add oil and pumpkin, mixing well. Transfer into lined muffin tin and bake at 350°F until fork inserted in center comes out clean – about one hour.

Submitted by: Karen Mischler

Makes ~10 muffins

Per Muffin:	Calories	Protein	Carbohydrates	Fat
	330	3 g	31 g	23 g

## Allergy-Friendly Banana Bread Muffins

- 4 ripe bananas
- 3/4 cup sugar
- 1/2 cup of dairy-free margarine
- 1 tsp vanilla
- 1/4 tsp salt
- 1 tsp baking soda
- 1/4 tsp cinnamon
- 2 cups of brown rice or oat flour

Preheat oven to 350°F. In a food processor, blend bananas, sugar, margarine and vanilla. Add remaining ingredients and process until smooth.

Pour into muffin tins and bake at 350°F for 15-20 minutes or into a bread loaf tin for 60 minutes. Let cool and enjoy!

Submitted by: Laura LaMotte

Makes ~15 muffins

Per Muffin:	Calories	Protein	Carbohydrates	Fat
	230	2 g	43 g	7 g

## Apple-Oat Muffins

- 1 1/2 cups oatmeal
- 1 1/4 cups all-purpose flour
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1/8 tsp ground cinnamon
- 1/2 cup packed brown sugar
- 1 egg or egg substitute
- 1 cup applesauce
- 1/2 cup vanilla rice milk

Preheat an oven to 400°F. Grease 12 muffin cups, or line with paper muffin liners. Whisk together oatmeal, flour, baking powder, baking soda, and cinnamon in a mixing bowl; set aside. Whisk brown sugar, egg, applesauce, and rice milk together in a mixing bowl until smooth. Stir in the flour mixture until evenly moistened; small, dry lumps may remain. Pour the batter into the prepared muffin tin. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 20 minutes.

Submitted by: Lorelai Alvarez with [Reflux Rebels](#)

Makes ~15 muffins

Per Muffin:	Calories	Protein	Carbohydrates	Fat
	120	3 g	24 g	1 g



# Soups & Salads

## Cream of Broccoli

- 1 chicken thigh
- 1 cup apple juice
- 1 broccoli head
- 1 potato
- 1 carrot
- 1 cauliflower
- Pinch of salt
- 1/2 cup – 1 cup Neocate prepared (optional)



Cook one chicken thigh in crock-pot. Remove cooked chicken. Add apple juice to the remaining fat/chicken oil. Mix well and use as chicken broth.

Add the remaining ingredients in the chicken broth. Make sure all the veggies are well covered with broth. Cook on medium heat on stove top until veggies are tender. Place veggies and liquid in blender and blend for one minute. Add Neocate to make creamier!

Submitted by: Sophie Jakovich

Makes ~ 4 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	150	9 g	32 g	7 g

## Meat Stew

- 1 chicken thigh
- 1 potato
- 1 veggie (broccoli, carrot, cauliflower as tolerated)
- 1 cup apple juice
- 1/2 sweet potato
- 1 cup acorn squash (cut in squares)

Place all ingredients into crock-pot. Place on low or high setting to heat. Enjoy!

Submitted by: Sophie Jakovich

Makes ~ 4 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	150	9 g	31 g	1.5 g

## Hamburger Harvest Soup

- 1 1/2 lbs ground beef
- 1 can (16 oz) diced peeled tomatoes
- 1 med. onion chopped
- 2 stalks celery cut in 1" pieces
- 2 med. carrots cut in 1" pieces
- 2 med. potatoes cut up
- 1/3 cup white rice
- 1/2 cup ketchup
- 2 tsp salt
- 1 tsp dried basil crushed
- 1 bay leaf
- 1 cup beef broth (Pacific Natural Foods)
- 4 cups water

In a large sauce pan brown the ground beef, drain off fat. Stir in the remaining ingredients and bring to a boil. Reduce heat, cover and simmer for one hour. Season to taste with salt and pepper. Remove bay leaf.

Submitted by: Jennifer Kohlscheen

Makes ~ 13 servings

Per Cup:	Calories	Protein	Carbohydrates	Fat
	120	12 g	13 g	2.5 g

## Mango Salad Dressing

- 1/3 cup canola oil
- 1/3 cup rice vinegar
- 1/3 cup mango juice
- Dash of salt (optional)

Shake and toss over your fresh salad greens. Use as a dipping sauce.

Submitted by: Viv Sarubbi

Makes ~ 8 servings (2 Tbsp each)

Per Serving:	Calories	Protein	Carbohydrates	Fat
	90	0 g	1 g	9 g

# Vegetable & Side Dishes

## Vegetable/Cracker Dip

- 1 peeled avocado
- 1 pear (can be substituted for 1 container of Gerber Stage II fruit)
- 1/2 cup apple sauce
- 2-3 Tbsp water

Add all ingredients into a blender and blend together for 3-4 minutes or until fluffy in texture.

**Notes:** Great for dipping crackers or vegetables. Use it as a dressing for cooked potatoes. Also tastes great frozen in the summer! Can keep 2-3 days in the fridge or until the dip turns black.

Submitted by: Sophie Jakovich

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	470	5 g	57 g	30 g

## Green Bean Casserole

- 2 cups wild rice
- 4 cups chicken broth
- 1/2 cup chopped celery
- 1 small chopped onion
- 1 tsp rosemary
- 1 cup sliced mushrooms
- 1 lb steamed green beans
- Wheat germ

Preheat the oven to 350°F. Cook rice in broth until done. Add the rest of the ingredients and mix well. Top with a layer of wheat germ. Place in a casserole dish and bake until the wheat germ is toasty (approximately 30 minutes).

To make into a main dish add 2 cups of diced chicken to the casserole before baking.

Submitted by: Lesa Patterson

Makes ~15 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	100	5 g	22 g	0.5 g

## Sweet Potato Casserole

- 2 cups mashed sweet potatoes (pre-cooked, may boil, bake or microwave potatoes with skins on - approximately 4 medium sweet potatoes)
- 1 cup sugar
- 1/2 cup Fleischmans unsalted dairy and casein free margarine
- 1 tsp vanilla extract
- 1/3 cup organic rice milk

Mix all ingredients together and place in 9 x13" baking dish. Preheat oven to 350°F.

### Topping

- 1 cup brown sugar
- 1/3 cup Fleischmans Unsalted Dairy and Casein Free Margarine
- 1/2 cup self-rising flour
- 1 cup chopped pecans (optional)

Mix well and spread on top of casserole. Bake 25 minutes or until golden.

Submitted by: Katherine M. Hull

Makes ~12 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	130	0 g	16 g	8 g

## Mashed Potato Ideas

- When making mashed potatoes (real or boxed) use Neocate instead of milk. Whip to a creamy texture. Top with vegan grated cheese. Enjoy!
- Peel and boil your potatoes. Add salt, pepper and chicken broth instead of using butter and milk.

**Notes:** To make your own broth, boil a whole chicken or use Progresso broth (soy-free) – other brands contain soy. Bouillon cubes also contain soy.

Submitted by: Michele Michnowski and Kristy Harbaugh

\*Nutrient values will depend upon which ingredients you choose.

# Main Dish

## Turkey Meatloaf

- 1 small onion chopped
- 1/4 cup chopped fresh Italian parsley leaves
- 3 Tbsp ketchup
- 3 garlic cloves, minced
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1/4 cup rice
- 1 lb ground turkey

Preheat oven to 400°F. Wisk onion, parsley, ketchup, garlic, salt, and pepper in a large bowl to blend. Stir in the rice. Mix in turkey. Once mixed, place mixture in loaf pan. Bake for 45 minutes to one hour until meat thermometer registers 165°F.

**Notes:** Recipe can also be used for stuffed bell pepper, and turkey meat balls.

**Submitted by:** Jennifer Kohlscheen

Makes ~6 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	120	15 g	5 g	4.5 g

## Cranberry Apricot Glazed Pork Chops

- 4 boneless pork chops
- 1/2 cup apricot jam
- 1/4 cup Craisins
- Water

Combine apricot jam and Craisins in small pot and simmer, using water to thin to desired consistency. Cook pork chops in a skillet using olive oil or vegetable oil. Serve apricot glaze over pork chops, do not add to skillet.

**Submitted by:** Kristy Harbaugh

Per Pork Chop:	Calories	Protein	Carbohydrates	Fat
	270	16 g	32 g	9 g



## Shepherd's Pie

- 1/3 lb ground bison
- Olive oil
- Instant mashed potatoes
- Soy milk

Cook ground bison in a little olive oil. Sprinkle salt to taste. Cook mashed potatoes according to box instructions using no butter and soy milk instead of cow milk. Place the mashed potato on a plate and make a hole in center. Fill hole with the ground bison.

**Notes:** Beef, turkey or chicken can be used depending on individual tolerance.

**Submitted by:** Michele Michnowski

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	50	33 g	16 g	29 g

## Summer Chicken and Squash

- 2 chicken breasts
- 4 cups cooked rice
- 6 oz baby food squash

Place chicken breast in crock pot. Add just enough water to cover the breasts. Slow cook chicken for 8 hours. Once chicken is thoroughly cooked, remove skin and bones from the breast and shred into bite size pieces.

Prepare your favorite rice according to box instructions. Mix together chicken and rice. Add squash until desired consistency for your young eater. Add some of the remaining broth for added moisture.

**Notes:** Use today, and freeze the rest for later. Diced cooked baby food carrots can be added for additional flavor and texture.

**Submitted by:** Christine Tunney

Makes ~ 4 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	70	14 g	49 g	1.5 g



## Oven Fried Fish

- 1/4 cup white cornmeal
- 1/4 cup fine dry breadcrumbs (I make my own - many breadcrumbs contain milk products)
- 1/2 tsp salt
- 1/2 tsp paprika
- 3/4 tsp dried dill weed
- 1/8 tsp black pepper
- 1 lb fish fillets
- 1/3 cup soy milk
- 3 Tbsp dairy free margarine, melted (or drops of Parkay Squeeze or Earth's Best dairy-free butter)

Combine first 6 ingredients in a large storage bag and shake to mix. Place soy milk in another storage bag. Shake fish fillets in soy milk and then shake individually in the cornmeal mixture. Place coated fish in a lightly greased pan and drizzle with butter or drops of Parkay.

Bake at 450°F for 10 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges and tartar sauce if desired.

**Notes:** I use tilapia for this dish and my kids love it! Suggested sides: corn on the cob, green beans, and french fries

**Submitted by:** Lesa Patterson

Makes 5 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	190	20 g	11 g	7 g

## Glazed Pork Chops

- 4 pork chops
- 1/8 tsp sage
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1/4 cup diced onion
- 1/4 cup jelly
- 1 1/2 tsp Dijon mustard

Trim fat from chops. Coat large skillet with cooking spray. Place over high heat until hot. Sprinkle chops with sage, salt and pepper, add to skillet and cook 1 minute on each side. Reduce heat to medium, cook chops 4-5 additional minutes on each side or until done. Transfer chops to serving platter and keep warm.

Add onion to skillet, cook over medium heat for 2 minutes, stirring often. Reduce heat, add jelly and mustard, simmer 2 minutes or until glaze is reduced to 1/4 cup. Spoon glaze over chops.

**Submitted by:** Ladean Jensen

Makes 4 pork chops

Per Serving:	Calories	Protein	Carbohydrates	Fat
	200	16 g	14 g	9 g

## Turkey Burgers

- 1 lb ground turkey
- 1 small onion, finely chopped
- 1 1/2 Tbsp Dijon mustard
- 1 Tbsp Worcestershire sauce
- 1/2 tsp Italian seasoning
- 1/8 tsp black pepper

In a bowl, combine all ingredients until mixed throughout. Shape into 6 small patties and place on a lightly sprayed broiler pan. Broil patties about 6 inches from heating element on low for 6-8 minutes each side. Switch broiler to high and immediately broil 2 minutes more on each side.

**Notes:** These are great on the grill too if you have a metal cage hamburger turner so they don't fall apart!!

**Submitted by:** Lesa Patterson

Makes 6 burgers

Per Burger:	Calories	Protein	Carbohydrates	Fat
	110	2 g	15 g	4.5 g

## Homemade Spaghetti Sauce

- 1 cup of cooked sweet potatoes (or 1 Gerber container stage 2 sweet potato)
- 1/2 cup cooked squash or pumpkin from a can (or 1/2 Gerber container stage 2 squash)
- 1 cup of apple sauce (or 1 Gerber container stage 2 apple sauce)
- 1 Tbsp salt
- Sugar as desired (optional)
- 1/2 cup prepared Neocate (optional)

Add all together and blend until makes a sauce. Add Neocate to make creamier. Pour over cooked pasta.

**Submitted by:** Sophie Jakovich

Makes ~3 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	50	1 g	11 g	0 g

# Breads & Pasta

## Quinoa Flatbread

- 4 cups organic quinoa flour
- 1 tsp salt
- 1/2 tsp cinnamon
- 2 Tbsp granulated sugar
- 4 1/4 cups water
- 4 Tbsp vegetable oil

Mix all dry ingredients into the wet ingredients. Stir well. Heat burner to medium and pour batter into pan making a 4 inch diameter circle. Flip flatbread when one side starts to bubble. Place on a cookie rack to cool. Add your favorite toppings to the flatbread or eat with your favorite dish. Enjoy!

Submitted by: Christine DuBois

Makes 8 flatbreads

Per Flatbread:	Calories	Protein	Carbohydrates	Fat
	310	8 g	44 g	11 g

## Country White Bread for Bread Maker

- 11-13 fl oz water
- 2 Tbsp canola oil
- 1 1/2 tsp salt
- 4 cups bread flour
- 2 Tbsp sugar
- 1 package quick-rise yeast

Add all ingredients in order listed into bread maker. Select French setting on breadmaker and light crust setting and start machine. May need to add a little water or flour to dough during initial kneading cycle to ensure that a buoyant ball of dough forms that is neither sticking to the sides of the bread pan nor too dry and crumbling. Close lid and enjoy the smell of the fresh bread making process. French setting generally runs close to 4 hours.

Submitted by: Katherine M. Hull

Makes ~12 slices

Per Slice:	Calories	Protein	Carbohydrates	Fat
	190	6 g	35 g	3 g



## Rye Bread for Bread Maker

- 10-12 fl oz water
- 1 1/2 tsp salt
- 3 Tbsp packed brown sugar
- 2 Tbsp canola oil
- 1/4 to 1/2 cup molasses (depending on light or darker color preference of rye bread)
- 2 1/2 cups bread flour
- 1 1/2 cups rye flour
- 1 package quick-rise yeast

Add ingredients in order listed into bread maker. Select basic setting and light or medium crust color (depending on preference) and start machine. May need to add more or less water and flour during the initial kneading cycle depending on dough consistency that is determined by a buoyant ball of dough forming that is not sticking to the sides of the pan and not crumbling. This dough generally is slightly sticky, but should still be able to form a ball shape. Close the lid and enjoy the aroma of fresh bread baking. This bread maker setting runs around 3 hours.

Submitted by: Katherine M. Hull

Per 2 slices:	Calories	Protein	Carbohydrates	Fat
	210	5 g	41 g	3 g

## Zucchini Bread

- 1 1/2 cups flour
- 1 cup sugar
- 1/2 tsp baking soda
- 1/4 tsp baking powder
- 1 Tbsp cinnamon
- 1 Tbsp canola oil
- 2 beaten eggs
- 1 cup grated zucchini
- 1/2 cup crushed pineapple (drained)
- 1/2 cup raisins

Sift or whisk together dry ingredients in a separate bowl. In a mixing bowl combine sugar, eggs and zucchini and mix together with a mixer on medium speed. Slowly add dry ingredients and mix for 1 to 1 1/2 minutes. Add pineapple and raisins and blend. Pour batter into a greased bread pan and bake at 350°F for 55-60 minutes.

Submitted by: Marie Bedard

Makes ~15 slices of bread

Per Slice:	Calories	Protein	Carbohydrates	Fat
	150	3 g	31 g	2 g

## Crackers/Dough/Noodles

- 2 cups unsifted whole wheat flour
- 2/3 cup water
- 1/3 cup oil (I use grape seed oil; you can skip this ingredient and increase to 1 cup of water)
- Salt as desired
- Sugar as desired

Mix all ingredients together until forms dough. You should have twice the volume of flour as liquids.

**Crackers:** On a floured surface, roll with a rolling pin to about 1/4 inch thick and cut out with cookie cutters. For crispier crackers, make them long and skinny. For harder crackers (teething crackers), roll a small piece of dough in a ball (about 1 inch around) and press so it is compact. Cook at 350°F for 10 minutes, 15 minutes for teething crackers.

**Dough:** Make a ratio of 2 to 1 (2 cups of flour for 1 cup of water). Add small amount of oil to prevent sticking. Roll in a pie crust pan. Cook at 325°F for 30 minutes.

**Noodles:** Make a ratio of 2 to 1 (2 cups of flour for 1 cup of water). Roll flat onto a floured surface. Cut in strips with a knife to make noodles as desired. Place uncooked in soup. Cook until noodles are firm.

Submitted by: Sophie Jakovich

Makes ~5 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	290	7 g	35 g	16 g

## Cranberry Bread

- 1/3 cup canola oil
- 2 1/2 cups flour
- 1 cup sugar
- 1 cup rice milk
- 1 egg
- 1 cup frozen cranberries
- 1 Tbsp baking powder
- 1 Tbsp vanilla
- 2 tsp grated lemon peel

Mix flour, sugar and baking powder and set aside. Mix in remaining ingredients. Pour batter into a greased bread pan. Bake at 350°F for 60-70 minutes.

Submitted by: Marie Bedard

Makes ~15 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	170	3 g	28 g	6 g

## Dairy-Free Banana Bread

- 1/3 cup vegetable oil
- 1 cup sugar
- 2 large eggs
- 1 tsp pure vanilla extract
- 3 medium to large overripe bananas, slightly mashed
- 1 1/4 cups all purpose flour
- 1 tsp baking soda

Preheat the oven to 350°F. Grease and flour a 9 x 5" loaf pan. In a medium bowl, combine the oil, sugar, and eggs. Beat hard with whisk until light colored and creamy, about 2 minutes. Add the vanilla and mashed bananas and beat again until well combined.

In a medium bowl, combine the flour and baking soda. Add to the banana-egg mixture and stir to combine. Beat well to make a batter that is evenly combined and creamy in consistency.

Spoon the batter into the loaf pan. Place the pan on a rack in the center of the oven and bake for about 50 minutes, or until the top is firm to the touch, the loaf pulls away from the sides of the pan, and a cake tester inserted into the center comes out clean. Transfer loaf to a cooling rack and cool completely. Wrap tightly in plastic wrap and refrigerate overnight or up to 5 days before serving.

Submitted by: Lesa Patterson

Makes ~12 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	180	3 g	29 g	7 g

## Sliders Home-Made Noodles

- 2 1/2 cups flour
- 1 large egg
- 1 Tbsp salt
- 1/2 cup cold water

Beat together egg and water in mixing bowl. Slowly add sifted flour and mix to form a dough ball. More water may need to be added to get a pliable dough that can be rolled out.

Roll out dough on a floured surface to desired thickness of noodle and cut into strips. Drop noodles into boiling water or broth for a tastier noodle. Cover and simmer 25-30 minutes.

Submitted by: Marie Bedard

Makes ~ 4 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	300	10 g	60 g	2 g

## Dairy-Free, Egg-Free Chicken Pasta Salad

- 1/2 cup pasta (I use small shells)
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1/4 cup onion, chopped
- 1/2 cup chicken, pre-cooked
- 1/2 cup Vegeniase ([www.followyourheart.com](http://www.followyourheart.com))
- 1/2 Tbsp Tofutti Better than Cream Cheese, plain ([www.tofutti.com](http://www.tofutti.com))
- 1/2 Tbsp Tofutti Better than Sour Cream, plain ([www.tofutti.com](http://www.tofutti.com))
- 1/8 tsp garlic powder
- 1/4 tsp dill weed

Boil water. Add pasta and cook according to box instructions. Chop veggies and mix in a bowl with chicken. In a separate bowl, mix cream cheese and sour cream with garlic powder and dill weed. Mix in Veganaise. Drain pasta and mix all together. Chill in refrigerator for 1 hour before serving.

Submitted by: Jessica Snell

Makes ~4 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	10	4 g	17 g	24 g

## Macaroni and Cheese (Almost)

- Pasta (your child's favorite)
- Olive oil
- 2-3 slices of vegan cheese
- Few Tbsp soy milk or Neocate

Cook pasta according to box instructions. Drain pasta. Add olive oil in pan and mix with pasta. Add cheese and stir over low heat until cheese is melted and mixed in. Add soy milk or Neocate to help cheese melt and give a smoother texture. Don't forget to sprinkle on some vegan grated topping!

Submitted by: Michele Michnowski

\*Nutritional value will depend on which ingredients you choose.

## Drinks, Shakes & Smoothies

### Triple Neocate Shake

- 6 scoops Neocate Infant
- 1 scoop Neocate Junior, unflavored
- 5 scoops Neocate Junior, chocolate
- 1 dropper Stevia Vanilla Creme (optional)
- 6 fl oz water

Mix well. Add ice cubes. Refrigerate until cold.

Submitted by: Teresa Fristoe

Per Recipe	Calories	Protein	Carbohydrates	Fat
	350	12 g	39 g	16 g

### Neocate Cherry Chocolate Shake

- 6 scoops Neocate Junior, unflavored
- 6 scoops Neocate Junior, chocolate
- 1 Nutricia cherry vanilla flavor packet
- 32 fl oz water

Mix well. Refrigerate until cold and enjoy!

**Note:** 12 scoops chocolate may be preferred.

Submitted by: Teresa Fristoe

Makes ~4 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	120	4 g	13 g	5 g

### Neocate Caribbean Chocolate Breeze

- 6 scoops Neocate Junior, tropical flavor (or substitute unflavored)
- 6 scoops Neocate Junior, chocolate
- 6 fl oz orange juice
- 28 fl oz water

Mix well. Refrigerate until cold and enjoy!

**Note:** Orange juice can be substituted with any tropical juices tolerated (including V8 fruit juices).

Submitted by: Teresa Fristoe

Makes ~ 4 servings

Per Serving	Calories	Protein	Carbohydrates	Fat
	130	4 g	17 g	5 g

## Dairy-Free Fruit Smoothie

- 3 cups crushed ice
- 1 cup coconut milk
- 1 banana
- 1/4 cup sliced peaches

Mix in a blender and enjoy on a hot summer day.

Submitted by: Christine Tunney

Makes ~ 2 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	280	3 g	18 g	24 g

## High Calorie Neocate Shake

- 1 peeled and seeded avocado
- 1 pear (can be substituted for 1 container of Gerber Stage II fruit)
- 1 cup Neocate (prepared with water)
- 2 Tbsp sugar
- 1/4 cup oil (sunflower oil was used)

Add all ingredients into a blender and blend together. If shake is too thick, add more (prepared) Neocate.

**Note:** We make these milkshakes when my son is sick and we need to gain back some weight!

Submitted by: Sophie Jakovich

Makes ~2 serving

Per Serving:	Calories	Protein	Carbohydrates	Fat
	590	6 g	40 g	49g

## Neocate Fiber-Full Smoothie

- 1/2 cup prune juice or preferred juice (prune juice provides an additional source of fiber)
- 1/2 cup water
- 1 small banana, sliced and frozen
- 1/4 cup frozen strawberries or favorite high-fiber fruit (apples, pears, berries, plums, etc.)
- 2 ice cubes (may not be needed if using frozen fruit)
- 6 scoops Neocate Junior with Prebiotics powder

In a blender, mix prune juice, water, fruit and ice until mixed well and smooth. Add Neocate Junior with Prebiotics. Blend ingredients gently using a low setting on the blender or by mixing with a spoon. Pour and serve!

Submitted by: Mallory West

Makes 2 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat	Fiber
	220	5 g	38 g	6 g	3 g

## Chocolate Peppermint Smoothie

- 4 scoops of Neocate Junior, chocolate powder
- 2 fl oz water
- 1/4 tsp peppermint extract
- 8 ice cubes

In a blender, combine the water, ice and peppermint extract. Blend well. Pour contents into a separate shaker cup. Add Neocate powder and shake well. Serve immediately or store in the refrigerator for 24 hours.

Submitted by: Mallory West

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	161	5.25 g	16.8 g	7 g

## Banana Chocolate Shake

- 5 scoops Neocate Junior, chocolate powder
- 3 fl oz water or rice milk
- 1 banana, frozen
- 1/2 tsp vanilla extract
- 5 ice cubes

In a blender, combine water or rice milk, vanilla extract, and banana. Blend well. Pour contents into a separate shaker cup, add the Neocate powder and shake well. Serve immediately or store in the refrigerator for 24 hours.

Submitted by: Mallory West

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	304	8 g	48 g	9 g

## Cinnamon Chocolate Swirl

- 4 scoops Neocate Junior, chocolate powder
- 5 oz vanilla flavored rice milk
- 1/2 tsp ground cinnamon
- 8 ice cubes

In a blender, add rice milk, cinnamon and ice cubes. Blend well. Pour contents into a shaker cup, add Neocate powder and shake well. Serve immediately or store in the refrigerator for 24 hours.

Submitted by: Mallory West

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	232	6 g	35 g	8 g



## Chocolate Covered Strawberry Slushy

- 1 1/2 tsp imitation strawberry extract
- 1 Tbsp Hershey's strawberry syrup
- 4 scoops Neocate Junior, chocolate powder
- 2 fl oz water
- 8 ice cubes

In a blender combine extract, syrup, water and ice. Blend until it makes a slushy consistency. Pour contents into separate shaker cup, add Neocate powder and shake well. Serve immediately or store in the refrigerator for 24 hours. Sips great through a straw!

Submitted by: Mallory West

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	198	5 g	29 g	7 g

## Desserts

### Yellow Cake with Frosting

#### Cake:

- 1 box yellow cake mix by Cherrybrook Kitchen
- 1/3 cup melted "safe" butter or margarine (Earth's Balance dairy/soy free butter)
- 3/4 cup water

Follow baking directions on cake package.

#### Frosting:

- 1/2 cup "safe" butter or margarine
- 1 tsp water
- Add powdered sugar to reach the desired consistency
- 1/4 tsp almond flavoring
- 3 drops pink food coloring

Melt butter, mix in powdered sugar to make clumpy. Add water to smooth it out. For thicker frosting, add more powdered sugar. Once desired consistency is reached, add almond flavoring and 3 drops of pink food coloring.

Submitted by: Jessica Snell

Makes 12 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	250	1 g	34 g	13 g

### Dairy-Free Fudge

- 1/2 cup coconut oil (I used extra virgin)
- 1/2 cup cocoa
- 1/4 cup honey

Gently melt the coconut oil to liquid if in a solid state. Combine liquid coconut oil and cocoa until smooth. Mix in honey. Refrigerate for at least one hour (or until preferred hardness) in a lightly greased container (greased with coconut oil).

Submitted by: Jessica Snell

Makes ~8 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	170	1 g	12 g	14 g



## Peach Cobbler

- 2 large peaches, peeled and sliced (or equivalent amount of other fruit)
- 1 1/2 cups sugar, divided
- 1/2 cup dairy free margarine or butter, melted
- 1 cup flour
- 2 tsp baking powder
- 1/4 tsp salt
- Dash ground nutmeg
- 3/4 cup almond milk (or other milk substitute)

In a bowl, combine peaches and 3/4 cup sugar; set aside. Pour margarine into an 8" square baking pan. In a bowl, combine flour, baking powder, salt, nutmeg and remaining sugar. Stir in milk until just combined. Pour over butter. Top with peaches. Bake 375°F for 45-50 minutes until golden brown.

Submitted by: Jessica Snell

Makes 6-8 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	310	2 g	50 g	13 g

## Dairy-Free Berry Sorbet

- 1 cup frozen fruit (blackberry, blueberry, and raspberry were used)
- 2 Tbsp white sugar
- 3 Tbsp Silk vanilla creamer ([www.silksoymilk.com](http://www.silksoymilk.com))
- 4-5 Tbsp water

Put the first three ingredients in your food processor and pulse to break up the frozen fruit. Add water slowly so it stays in a sorbet consistency and doesn't turn into a smoothie. Enjoy!

Submitted by: Jessica Snell

Makes ~2 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	80	1 g	19 g	2 g

## Spring Tourbillons

- 2 cups water
- 1 cup sugar
- 2 3/4 cups flour (\*wheat)
- 4 1/2 tsp baking powder
- 1 1/2 tsp salt
- 2/3 cup shortening (lard or Spectrum Organic Palm Shortening)
- 1 cup So Delicious Coconut Milk (Whole Foods)
- 2 cups rhubarb, cut in 1/2 cubes
- 1 cup sliced strawberries
- 1/3 cup sugar
- 1/2 tsp cinnamon
- 1 Tbsp butter (Earth Balance Soy Free, Whole Foods)

Mix water and sugar in a 9 x12" glass pan and heat on low until the sugar is dissolved (syrup). Remove from stove and let cool off.

Mix the flour, baking powder and salt in a bowl. Cut the shortening in the dry ingredients bowl with a pastry cutter until it gets clumpy (granules). Add the milk in 1 shot and mix with a fork to moisten the dry ingredients. Drop the dough on a lightly floured surface and knead about 20 times.

Roll the dough on a rectangle of about 10 x12". Spread the rhubarb and the strawberries on it. Spread the 1/3 cup sugar and the cinnamon, then drop little butter ball on top. Roll the dough on the long side and seal the roll. Cut the roll in about 12 slices of 1 inch. Drop the rolls in the glass pan with the syrup. Bake at 450°F for about 25 to 30 minutes. Serve warm (or re-heat in microwave).

Submitted by: Steve & Marie Malenfant

Makes ~12 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	310	4 g	41 g	17 g

## Neocate Chocolate Nutra Pudding

- 12 scoops Neocate Nutra
- 3 scoops Neocate Junior, chocolate
- ~ 3 Tbsp water

Mix until smooth, add water as necessary. Should be consistency of thin paste. Refrigerate 30-45 minutes.

**Notes:** Add 1 dropper Sweetleaf brand Stevia Vanilla Cream (in health food aisle) or add scant 1/16th teaspoon of Cherry Vanilla flavor packet.

Submitted by: Teresa Fristoe

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	370	8 g	50 g	16 g

## Strawberry Nutra Popsicle

- 4 ripe strawberries
- 4 fl oz water
- 4 ice cubes
- 4 scoop of Neocate Nutra
- Sugar or honey

Mix strawberries, ice cubes and water using a blender. Add Neocate Nutra. Add some liquid cane sugar or honey. Stir the mixture. Put the mixture into small shaped containers. Freeze about 30 minutes. Add sticks and freeze again. Ready to serve!

Submitted by: Yuanita Dian Utama

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	90	2 g	38 g	4 g

## Fudgesicles

- 1 can coconut milk
- 2 Tbsp chocolate syrup
- 2 Tbsp Lyle's Golden Syrup

Add all ingredients to a small saucepan and melt over low heat until well mixed. Pour into small cups and add popsicle sticks or use popsicle molds. Place in freezer for several hours to freeze until hardened.

Submitted by: Kristy Morgan

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	170	1 g	16 g	12 g

## Awesome Coconut Oatmeal Choco-Chip Cookies

- 1 1/4 cups oatmeal
- 1 cup gluten-free flour mix
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 cup flaked coconut
- 1/2 cup chocolate chips
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup oil
- 1 Tbsp ground flaxseed mixed with 3 tablespoons water (substitution for one egg)
- 1 tsp vanilla

Mix dry ingredients together in a bowl. Add oil, flaxseed/water, and vanilla. Mix well. Drop by teaspoon onto lightly greased cookie sheet. Bake at 325°F for 12-15 minutes. Cool on pan for 15 minutes, remove to cooling rack.

Submitted by: Kristy Morgan

Makes ~18 cookies

Per Cookie:	Calories	Protein	Carbohydrates	Fat
	140	2 g	28 g	3 g

## Flourless Peanut Butter Cookies

- 1 cup peanut butter
- 1 cup white sugar
- 1 egg

Preheat oven to 350°F. Combine ingredients and drop by teaspoonfuls on cookie sheet. Bake for 8 minutes. Let cool.

**Notes:** Recipe doesn't make very many, so you could double recipe as you desire.

Submitted by: Daphna Finn

Makes 8-10 cookies

Per Cookie:	Calories	Protein	Carbohydrates	Fat
	240	7 g	22 g	15 g

## Eggless, Dairy-Free Chocolate Cake

- 3 cups all-purpose flour
- 2 cups white sugar
- 6 Tbsp unsweetened cocoa powder
- 2 tsp baking soda
- 2 tsp baking powder
- 2/3 cup vegetable oil
- 2 cups water
- 2 Tbsp distilled white vinegar
- 2 tsp vanilla extract

In a large bowl, combine all dry ingredients together. Combine all wet ingredients together in another bowl. Pour the liquid ingredients all at once into the dry ingredients, and beat until smooth. Pour batter into a greased 9 x 13" pan. Bake at 350°F for 20-25 minutes. Let cool in pan. When cool sprinkle with confectioners' sugar.

**Submitted by:** Daphna Finn

Makes 15 pieces of cake

Per Piece:	Calories	Protein	Carbohydrates	Fat
	290	3 g	47 g	10 g

## Cupcakes

### Cake:

- 1 1/2 cups all purpose flour (non-wheat based can be used; I used gluten-free flour)
- 3/4 cup sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 5 Tbsp vegetable oil (I used sunflower oil)
- 1 Tbsp vinegar (I used rice vinegar because it's a little milder tasting)
- 1 Tbsp vanilla extract
- 1 1/4 cup water

Preheat oven to 350°F. Line cupcake pan with liners. In a large bowl, mix all of the dry ingredients together. Then add the vegetable oil, vinegar, vanilla and water, mixing until the batter is one even color and has become smooth. Pour or ladle batter evenly into cupcake cups, approximately 2/3 full, and bake for 20 minutes. Cool on wire rack.

**Notes:** If chocolate is tolerated, 1/4 cup cocoa powder can be added. Reduce the vanilla extract to 1 tsp.

### Frosting:

- 4 ounces (1 stick) non-dairy/non-soy vegetable spread
- 4 cups powdered sugar
- 2 Tbsp vanilla rice milk

Whip vegetable spread until pale and fluffy. Add other ingredients and mix until well blended, about 5 minutes. The mixture will be smooth and glossy. If it seems too dry, add more rice milk, 1 tsp at a time. If it's too wet, add more powdered sugar, 1 Tbsp at a time.

**Submitted by:** Wendy Babbatt

Makes ~12 cupcakes

Per Cupcake:	Calories	Protein	Carbohydrates	Fat
	370	2 g	66 g	12 g

## Sugar Cookie Bars

- 2 cups sugar
- 1/2 cup Crisco
- 1/2 cup canola oil
- 1/2 cup natural organic applesauce
- 1 tsp vanilla extract
- 2 1/2 cups flour
- 1 tsp baking soda
- 2 tsp cream of tartar
- 1 tsp salt

Preheat oven to 350°F. Blend sugar, Crisco, canola oil, applesauce and vanilla extract together with mixer on medium speed. In a separate bowl, blend flour, baking soda, cream of tartar and salt. Combine wet and dry ingredients and mix together with mixer. Dough will be thick. Press dough into ungreased 9 x 13" pan and bake for 20-30 minutes or until slightly golden. Cool and cut into squares and serve.

**Submitted by:** Katherine M. Hull

Makes ~15 bars

Per Bar:	Calories	Protein	Carbohydrates	Fat
	270	2 g	36 g	14 g

## Cranberry Apple Cobbler

- 5 cups apples peeled and pared
- 1 1/4 cups sugar
- 1 cup frozen cranberries
- 3 Tbsp tapioca
- 1 tsp cinnamon
- 1 cup water
- 2 Tbsp canola oil

Preheat oven to 350°F. Mix ingredients together in a sauce pan and let sit for 5 minutes, then cook on medium heat, stirring constantly until it comes to a full boil, then pour into an ungreased 9 x 13" pan.

### For topping:

- 1/4 cup Fleischmans unsalted dairy, casein free margarine
- 3/4 cup flour
- 2 Tbsp sugar
- 1 tsp corn-free baking powder (found at health food market)
- 1/8 tsp salt
- 3 Tbsp organic rice milk

Mix flour, sugar, baking powder and salt in a bowl and cut in the dairy free margarine until the mixture crumbles. Stir in rice milk until the dough is soft (may need to use more or less milk until the dough is soft and spoonable). Drop dough by spoon onto hot cranberry apple mixture and bake 30 minutes or until browned.

Submitted by: Katherine M. Hull

Makes 15 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	140	1 g	27 g	5 g

## No Bake Chocolate Cookies

- 1 stick of Fleischmans unsalted margarine
- 1/2 cup of organic rice milk
- 6 Tbsp of cocoa powder
- 1 tsp vanilla
- 2 cups of sugar
- 3 cups of Quick Oats
- 1 cup coconut (optional)

Put sugar, margarine, rice milk and cocoa into a Dutch Oven pan. Cook over medium heat, stirring constantly and bring to a rapid boil. Remove from heat and stir in the vanilla and oats and optional coconut. Quickly mix well. Drop spoonfuls of mixture onto wax or parchment paper. Let cool and set for 1 hour. Store in airtight container in refrigerator.

Submitted by: Anne Medsker

Makes ~10 cookies

Per Cookie:	Calories	Protein	Carbohydrates	Fat
	350	5 g	51 g	17 g

## A One Egg Cake

- 1 1/2 cup of sugar
- 1/3 cup of canola oil
- 1 egg
- 1 cup of organic rice milk
- 1 tsp vanilla
- 2 cups of flour
- 1 tsp baking soda
- 1 tsp cream of tartar
- 1/2 tsp salt

Preheat oven to 350°F. Combine sugar, oil, egg, rice milk and vanilla in a mixing bowl and beat on medium speed with a mixer. Whisk in flour, soda, tartar and salt in a separate bowl. Slowly add dry ingredients to the wet mixture and beat for 2 minutes on medium speed. Grease a 9 x 9" baking pan with canola oil and pour batter into the pan. Bake 20-25 minutes or until toothpick is clean. Double recipe and use 9 x 13" pan.

Submitted by: Anne Medsker

Makes ~12 pieces

Per Piece:	Calories	Protein	Carbohydrates	Fat
	210	3 g	36 g	7 g



## Banana Cake

- 1 1/2 cups of sugar
- 1 stick of Fleischmans unsalted margarine
- 2 eggs
- 1 tsp of vanilla
- 1/2 cup of organic rice milk
- 1 cup of mashed banana
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 1/2 cups of flour

Preheat oven 350°F. In a mixing bowl add sugar and margarine and beat with mixer until blended. Add eggs and beat until smooth. Mix in rice milk, vanilla and banana. In a separate bowl combine baking soda, powder, salt and flour and whisk together. Slowly add dry ingredients into the wet and beat 1 minute. Grease a 9 x 13" baking pan with canola oil. Pour in batter. Bake approximately 25 minutes or until toothpick is clean.

Submitted by: Anne Medsker

Makes ~15 pieces

Per Piece:	Calories	Protein	Carbohydrates	Fat
	180	2 g	28 g	7 g

## Apple Raisin Cake

- 1/2 cup of canola oil
- 2 cups of sugar
- 1/2 cup organic all natural applesauce
- 1 tsp vanilla
- 1 (20 oz) can of Comstock Apples sliced in water
- 1 cup raisins
- 1 Tbsp cinnamon
- 2 1/2 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 2 tsp cream of tartar

Reserve water from the can of apples and set aside. Preheat oven to 350°F. In a mixing bowl add oil, sugar, vanilla, applesauce and the reserved water from the apples. Beat with a mixer on a medium speed until smooth. In a separate bowl whisk together flour, soda, cream of tartar, salt and cinnamon. Add the dry ingredients to the wet mixture and slowly combine. Beat 1-1 1/2 minutes. Add the can of apples and raisins and mix into the ingredients taking care to not over mix. Apples should remain in approximately 1 inch chunks. Pour into ungreased 9 x 13" baking pan. Bake 50 minutes or until golden brown.

Submitted by: Anne Medsker

Makes ~15 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	270	3 g	51 g	8 g

## Gingerbread Cookies

- 3 3/4 cups flour
- 1 cup brown sugar
- 3/4 cup molasses
- 2/3 cup canola oil
- 1 egg beaten
- 2 tsp cinnamon
- 1/2 tsp baking powder
- 1 tsp baking powder
- 1/2 tsp nutmeg
- 2 tsp ground ginger

Over medium heat combine molasses, oil and sugar in a saucepan and bring to a boil while stirring constantly. Set aside. Combine flour and other dry ingredients in a mixing bowl and add molasses, sugar and oil and pour into mixing bowl and then add egg and blend together to form a thick dough ball. Wrap dough in plastic and chill for 1 hour (if dough is too dry, add drops of canola oil, if too sticky to roll out, add flour). Preheat oven to 350°F. Divide dough in half and roll out on floured surface. Use cookie cutters and place cookies on a greased cookie sheet. Bake 10-14 minutes and let cool.

Submitted by: Marie Bedard

Makes ~2 dozen cookies:

Per Cookie:	Calories	Protein	Carbohydrates	Fat
	190	2 g	31 g	7 g

## Blueberry Rice Cake Pudding

- 2/3 cup rice flour
- 3 Tbsp water
- 2 Tbsp oil
- Pinch of salt
- 1 tsp sugar
- 1 1/2 tsp baking soda
- 1/4 cup blueberries

Mix all ingredients together except blueberries until smooth texture. Add blueberries and pour in a small pudding bowl and put in oven on the second to last rack. Cook 20-30 minutes at 375°F until pudding is firm and stiff.

### Fruit sauce:

- 1/3 cup blueberries
- 1/4 cup water
- 1/8 cup sugar

Cook on stove medium heat until syrup consistency. Thicken with 1 Tbsp flour. Pour over cake pudding.

Submitted by: Sophie Jakovich

Makes ~3-5 servings

Per Serving:	Calories	Protein	Carbohydrates	Fat
	160	1 g	24 g	7 g

## George Friendly Vegan Oatmeal Cookies

- 1 1/2 ripe bananas
- 1/2 cup applesauce
- 1/2 cup sugar
- 3/4 cup oat flour or corn flour
- 1 1/4 tsp baking powder
- Dash salt

Preheat oven to 350°F. Blend bananas, applesauce, and sugar in blender until creamy. In a large mixing bowl combine flour, baking powder and salt. Add the blended wet ingredients to the dry ingredients and mix well. Stir in oatmeal. Drop by spoonfuls onto the baking sheet greased with olive oil or canola oil. Bake for 20 minutes or until just golden brown and spring back when pressed.

Submitted by: Leslie McGill-Mayotte

Makes ~12 cookies

Per Cookie:	Calories	Protein	Carbohydrates	Fat
	80	1 g	16 g	0.5 g

## Vegan Oatmeal Cookies

- 1 1/2 ripe bananas
- 1/2 cup applesauce
- 2 tsp vanilla
- 1/2 cup brown sugar
- 1 cup whole wheat flour (scant)
- 1 1/4 teaspoon baking powder
- Dash salt
- 1 tsp cinnamon
- Dash nutmeg
- 3/4 cup oatmeal (any kind)

Preheat oven to 350°F. Blend bananas, applesauce, vanilla and brown sugar in blender until creamy. In a large mixing bowl, combine flour, baking powder, salt, cinnamon and nutmeg. Add the blended wet ingredients to the dry ingredients and mix well. Stir in oatmeal and anything else (dried fruit, chocolate chips, nuts, etc.). Drop by spoonfuls onto a greased baking sheet. Bake for 20 minutes or until just golden brown and spring back when pressed.

Submitted by: Leslie McGill-Mayotte

Makes ~15 cookies

Per Cookie:	Calories	Protein	Carbohydrates	Fat
	80	2 g	19 g	0 g

## Chewy Non-Peanut Butter Brownies

- 1/2 cup Sunbutter
- 1/2 cup dairy-free margarine, softened
- 2/3 cup white sugar
- 1/2 cup packed brown sugar
- 1/2 cup applesauce
- 1 tsp vanilla extract
- 3/4 cup all-purpose flour
- 1/4 cup whole wheat flour (or all-purpose flour)
- 1 tsp baking powder
- 1/4 tsp salt

Preheat oven to 350°F. Grease 9 x 9" baking pan. In a medium bowl, mix Sunbutter and margarine. Gradually mix in brown sugar, white sugar, applesauce and vanilla, mix until fluffy. Combine flours, baking powder and salt, stir into the Sunbutter mixture until well blended. Bake for 35 minutes or until top springs back when touched. Cool and cut into squares.

Submitted by: Ladean Jensen

Makes ~18 cookies

Per Cookie:	Calories	Protein	Carbohydrates	Fat
	160	2 g	18 g	9 g

## Nutra Banana Maple Pudding

- 4 scoops Neocate Nutra
- 1 fl oz water
- 1/4 medium banana, mashed
- 1 tsp maple syrup

Mix Neocate Nutra with water. Add banana and maple syrup. Stir and serve.

Submitted by: Mallory West

Per Serving:	Calories	Protein	Carbohydrates	Fat
	130	2 g	24 g	3.5 g

## Nutra Apple Popsicle

- 1 1/2 Tbsp applesauce
- 4 scoops Neocate Nutra
- 1/4 tsp sugar
- 1 fl oz water
- 1/4 tsp cinnamon

Combine ingredients and place in freezer in popsicle tray. Leave overnight and serve.

Submitted by: Christine Graham-Garo

Per Recipe:	Calories	Protein	Carbohydrates	Fat
	100	2 g	16 g	3.5 g



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