



Soy Good Treats

Recipes for kids



Especially
for children
with cow
milk allergy
in mind



Abbott
Nutrition



For after 6 months

For 1 to 10 years

Singapore Mothers' No. 1 Choice of milk alternative with all the goodness of milk, to support growth and development of children.

△ Based on full year 2010 sales value reported by Nielsen MarketTrack for infant milk category, specialty segment (Soy, HA, LF, AR, Goat's milk) in total Singapore @ 2010, The Nielsen Company

Dear Mum & Dad,

Do you have a child who is allergic to cow milk? Does your child still have to avoid cow milk-based products? Many yummy goodies like cookies and cakes include cow milk, but with a little creativity, you won't have to worry about your little one missing out on them.

Replace cow milk with a soy formula, which is equally delicious and nutritious. Isomil[®], a soy formula with all the goodness of milk, is packed with the needed proteins and nutrients for the development and support of physical and mental growth.

In this booklet, you will be able to find some simple, yet wholesome and nutritious recipes using Isomil[®], to whip up delicious treats for your little ones. Don't worry, you do not have to go to a cooking class to learn how to prepare these treats. Simply put on your apron and start discovering new recipes with soy!

Yours sincerely,

The Abbott Family

content

ISOMIL® RECIPES

Chewy Cookies.....	2
Oatmeal Cookies	4
Fruity Tartlets.....	6
Chocolate Custard.....	8
Shrooms Soup.....	10
Huat Kueh.....	12
Rice Cake	14
Honey Cranberry Scones	16
Souffle	18
Mango Jelly	20
Fruity Shake	22
Popsicle.....	24



Isomil® Chewy Cookies



Makes: 12 cookies
Preparation Time: 12 minutes
Baking Time: 15 minutes per baking tray





Ingredients:

Isomil®	2 scoops
Icing sugar	¾ cup
Cocoa powder	2 tablespoons
Self-raising flour	5 tablespoons
Egg white	2
Almonds, chopped	60 g

Method:

1. Preheat the oven to 200° C.
2. Line and lightly grease baking trays.
3. Sift together the Isomil®, icing sugar, cocoa powder and self-raising flour.
4. Whip the egg whites in a bowl with a hand-held blender or an electric mixer on medium speed until stiff, then fold in the mixture until it is well mixed.
5. Fold in the chopped almonds.
6. Place about 20 rounded tablespoonfuls of cookie dough onto the lightly greased baking sheet, 5 cm apart from each other.
7. Bake each tray of cookies for about 15 minutes or until cookies are lightly brown and firm.
8. Remove cookies from the tray and cool on a cookie rack or paper towels.
9. When cooled, store cookies in an airtight container.

Note: Recipe contains egg.

Isomil®

Oatmeal Cookies



Makes: 20 cookies
Preparation Time: 20 minutes
Baking Time: 12 minutes





Ingredients:

Isomil®	1½ scoops
Hot water	1/3 cup
Margarine (dairy-free)	84 g
Brown sugar	68 g
Egg	1
Vanilla essence	1 teaspoon
Vanilla essence	1 cup
Self-raising flour	63 g
Baking soda	1/4 teaspoon
Cinnamon	1/4 teaspoon
Raisins	83 g
Almonds, chopped	60 g

Method:

1. Lightly grease cookie sheets.
2. Mix together Isomil® and hot water.
3. Mix together the prepared Isomil®, margarine, brown sugar, egg and vanilla essence in a bowl with an electric mixer on high speed until blended.
4. Mix together the rolled oats, self-raising flour, baking soda and cinnamon and add to mixture. Mix on low speed until blended. Stir in the raisins and almonds.
5. Place rounded tablespoonfuls of cookie dough onto the lightly greased cookie sheet, 2 inches apart from each other.
6. Bake cookies at 180° C for 12 minutes, or until lightly browned.
7. Remove cookies and cool them on a cookie rack or paper towels.
8. When cooled, store cookies in an airtight container.

Note: Recipe contains egg.

Isomil® Fruity Tartlets



Makes: 30 tartlets
Preparation Time: 15 minutes
Cooking Time: 5 minutes





Ingredients:

Isomil®	6 scoops
Water	240 ml
Cornflour	1 ½ tablespoons
Sugar	2 tablespoons
Edible yellow food coloring	1 drop
Vanilla essence	½ teaspoon
Mini tartlet cases	15
Fresh fruit slices	As desired, for garnishing

Method:

1. In a heavy-bottomed pan, mix together Isomil®, water, cornflour, sugar, food coloring and vanilla essence.
2. Gently warm the mixture, stirring all the time over a low heat, until the custard thickens.
3. Spoon the custard into the mini tartlets.
4. Serve; topped with slices of fresh fruit.

Note: The mini tartlets can be bought from baking essential stores such as Phoon Huat or Red Man.

Isomil®

Chocolate Custard



Makes: 30 tartlets
Preparation Time: 15 minutes
Cooking Time: 5 minutes





Ingredients:

Isomil®	6 scoops
Water	240 ml
Cornflour	1 ½ tablespoons
Sugar	2 tablespoons
Cocoa powder	1 tablespoon
Mini tartlet cases	15
Almonds, finely chopped	2 tablespoons

Method:

1. In a heavy bottomed pan, mix together Isomil®, water, cornflour, sugar and cocoa powder.
2. Gently warm the mixture, stirring all the time over a low heat, until the custard thickens.
3. Spoon the custard into individual cups or the mini tartlets.
4. Serve; topped with chopped almonds.

Note: The mini tartlets can be bought from baking essential stores such as Phoon Huat or Red Man.

Isomil® Shrooms Soup



Makes: 4 bowls
Preparation Time: 10 minutes
Cooking Time: 10 minutes





Ingredients:

Isomil®	4 scoops
Hot water	1 cup
Chicken Stock	1 ½ cups (375 ml / 12 floz)
Button mushrooms	200 g
Shiitake mushrooms	100 g
Oyster mushrooms	80 g
Margarine (diary-free)	1 tablespoon
Salt	A pinch if necessary

Method:

1. Mix together Isomil® and hot water.
2. Boil the chicken stock in a pot.
3. Slice the mushrooms into smaller pieces.
4. Add in the mushrooms and margarine in the stock.
Allow it to simmer for about 10 minutes.
5. Gradually add in the prepared Isomil® in the boiling stock, stirring all the time.
6. Take the soup off the fire and cool it.
7. Using a blender, blend the soup till smooth.
8. Warm it up again and ladle into serving bowls.
Garnish if desired.
9. Serve soup immediately.

Steamed Isomil[®] Huat Kueh



Makes: 12 medium or 48 mini-sized
Huat Kueh
Preparation Time: 10 minutes
Steaming Time: 30 - 45 minutes



**Ingredients:**

Huat kueh powder	500 g
Isomil®	6 scoops
Water	240 ml
Food coloring	As desired
Food flavoring	As desired

Method:

1. Mix together the huat kueh powder with Isomil® and water.
2. Stir well.
3. Set a steamer to boil.
4. Pour the mixture into 12 mini paper cups.
5. Steam for 30 to 45 minutes until a skewer inserted into the kuehs comes out clean.
6. Remove the kuehs from the steamer and allow them to cool before serving.
7. Serve with coconut shreds and brown sugar.

Steamed Isomil[®] Rice Cake



Makes: 12 rice cakes
Preparation Time: 75 minutes
Steaming Time: 30 - 45 minutes





Ingredients:

Plain rice flour	1 cup
Isomil®	¼ cup
Sugar	2 tablespoon
Dry yeast	½ teaspoon
Soda bicarbonate	½ teaspoon
Water	125 ml
Raisins	28 g
Food coloring	As desired
Food flavoring	As desired

Method:

1. Mix together the rice flour with Isomil®, sugar, yeast and soda bicarbonate.
2. Add water and mix well to form a batter.
3. Leave mixture to rise for 1 hour.
4. Add in the raisins.
5. Set a steamer to boil.
6. Pour the mixture into 12 mini paper cups.
7. Steam for 30 to 45 minutes until a skewer inserted into the rice cakes comes out clean.
8. Remove the rice cakes from the steamer and allow them to cool before serving.


Isomil®

Honey Cranberry Scones



Makes: 12 medium or 20 mini-sized scones
Preparation Time: 20 minutes
Baking Time: 15 – 20 minutes





Ingredients:

Self raising flour	2 cups
Mixed spice	1 teaspoon
Sugar	2 tablespoons
Margarine (dairy-free)	90 g
Isomil®	3 scoops
Water	50 ml
Honey	2 tablespoons
Dried cranberries	2 tablespoons

Method:

1. Preheat the oven to 200° C.
2. Line and lightly grease a baking tray.
3. Sieve together the flour and spice.
4. Mix in the sugar.
5. Rub in the margarine until it resembles bread crumbs.
6. Mix together Isomil® with water.
7. Add in honey and the prepared Isomil® and mix to form a soft dough.
8. Add in cranberries.
9. Turn out the dough onto a lightly floured board. Knead dough until smooth.
10. Lightly roll out the dough to about a thickness of 2cm.
11. Cut out 12 scones.
12. Place them on the lightly greased baking tray.
13. Bake the scones on a low rack for 15 to 20 minutes until they turn golden brown.

Isomil® Souffle



Makes: 4 souffles
Preparation Time: 60 minutes
Cooking Time: None





Ingredients:

Isomil®	6 scoops
Previously boiled cooled water	¾ cup
Orange jelly crystals	1 packet, 90 g
Hot water	1 cup
Mandarin orange segments	60 g

Method:

1. Mix together Isomil® with previously boiled cooled water.
2. Stir well and chill in the refrigerator.
3. Mix jelly crystals with hot water.
4. Stir well until crystals dissolve.
5. Pour the mixture into a glass bowl and leave it to chill in the freezer until the mixture is almost set.
6. Remove the mixture from the freezer and whip it with the prepared Isomil® until the mixture becomes foamy.
7. Return the mixture to the refrigerator to set.
8. Serve with orange segments.

Isomil®

Mango Jelly



Makes: 6 jelly cups
Preparation Time: 15 minutes
Setting and Chilling Time: 3 hours





Ingredients:

Gelatin	4 teaspoons
Hot water	½ cup
Isomil®	6 scoops
Mango	1-2 (500 g); after skinning and deseeding, (400 g)
Water	125 ml
Sugar	2 tablespoons
Lemon juice	2 tablespoons

Method:

1. Mix together gelatin and hot water.
2. Stir well until dissolved.
3. Using a food processor, blend together the prepared gelatin, Isomil®, mango slices, water, sugar and lemon juice.
4. Pour the blend into a jelly bowl and allow it to set in the refrigerator.
5. Serve with fresh fruit if desired.

Isomil® Fruity Shake



Serves: 4 cups
Preparation Time: 5 minutes
Cooking Time: None





Ingredients:

Isomil® 6 scoops

Fruit juice of choice,
chilled 1 cup

Method:

1. Blend together fruit juice and Isomil® powder.
2. Serve immediately.

Isomil® Popsicle



Makes: 8 popsicles
Preparation Time: 10 minutes
Freezing Time: 6 hours



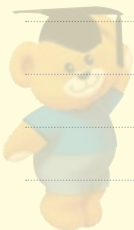
**Ingredients:**

Gelatin	4 teaspoons
Hot water	60 ml
Isomil®	8 scoops
Fruit of choice	100 g
Water	400 ml
Sugar	1 tablespoon
Food coloring	1 drop (if desired)
Food flavoring	¼ teaspoon (if desired)

Method:

1. Mix together gelatin and hot water.
2. Stir well until dissolved.
3. Set aside for 15 minutes.
4. Mix together the rest of the ingredients and blend well.
5. Add the prepared gelatin into the mixture and stir well.
6. Pour the mixture into moulds and leave them in the freezer.

Notes





Singapore Mothers' No. 1 Choice[△] of milk alternative with all the goodness of milk, to support growth and development of children.

ADVANCE EYE Q PLUS SYSTEM OF NUTRIENTS

Supports brain, eye & physical development

- | | | | |
|------------------------|---|---------------------------------------|--|
| AA & DHA | Building blocks for brain and eye development | Iron & Folic Acid | Important components of red blood cells |
| Omega 3 & 6 | Precursors of DHA and AA | Zinc | Essential for growth and helps in physical development |
| Taurine | Helps support overall mental and physical development | Vitamin A & Beta Carotene* | Essential for the functioning of the eye |
| Choline | Supports overall mental functioning | Lutein* | A predominant component of the retina of the eye |

IMMUNIFY* INGREDIENTS



Probiotics (FOS) supports the growth of good bacteria (probiotics) in the gut.



Selenium, Zinc and Vitamins A, C and E help to protect cells from free radicals.

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Unique patented, easily digested vegetable fat blend without palm olein oil



Contains calcium to support development of strong bones and teeth.

DUOCARB ADVANTAGE[™]

Unique blend of two carbohydrates with different absorptive pathways that may enhance carbohydrate absorption. Carbohydrate is a source of energy to support growth and activity.

MOST ADVANCED SCIENCE & CLINICALS

Abbott focuses on 4 key areas of development:

- Brain • Immunity • Bone • Tolerance

[△] Based on full year 2010 sales value reported by Nielsen MarketTrack for infant milk category, specialty segment (Soy, HA, LF, AR, Goat's milk) in total Singapore @ 2010, The Nielsen Company

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Nutrition