

BLENDED TUBE FEEDS (BTF) RECIPES



Eggy Pancakes
Overnight Oats
Spaghetti Bolognese
Pumpkin Soup
Quick Red Lentil Soup
Immunity Boost Blend

For more information:

cubspaediatricidetetics.au

To book an appointment:

Call me 0488 320 540 or book online



EGGY PANCAKES

SERVINGS: 1-2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- 2 eggs
- 1 cup milk
- 1 tsp nut butter
- 1/4 cup oats
- 1 tbsp nut butter
- 1-2 tsp fat (butter/oil)
- 1 banana

Calories/serve = 600

DIRECTIONS

1. Blend egg, banana, oats, nut butter.
2. Add 1-2 tsp of butter/oil to pan on medium heat.
3. Pour ingredients into pan and cook for 2 mins, or until golden.
4. Flip and add more butter/oil as needed.
5. Once cooked, put pancake in blender and add 1 cup of milk. Blend to desired consistency.

NOTES

- Ensure final consistency is equivalent to drinking yoghurt or pancake batter
- Consider with younger child offering a half serve - your dietitian will direct you



OVERNIGHT OATS

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

15g oats shredded
50mL milk
Honey to taste
1/2 pear
1 tbsp nut butter
1-2 tsp fat (butter/avo/oil)
a pinch of salt

DIRECTIONS

1. Combine milk and oats.
2. Add honey and pear.
3. Mix in blender for 3-4 mins.
4. Add more milk if needed to reach desired consistency.

Calories/serve = 280 per 120mL

NOTES

- Ensure final consistency is equivalent to drinking yoghurt or pancake batter
- If you do not have a high-powered blender use a sieve to make the recipe
- This should make 2-3 60mL syringes



SPAGHETTI BOLOGNESE

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1/2 cup mince
- 1/2 cup brown rice/pasta
- 1 tsp tomato paste
- 2 tbs of tinned tomato
- 1 cup frozen/diced vegetables of your choice
- 1/2 tbsp oil
- 1 cup stock of choice

Calories/serve = 300

DIRECTIONS

1. Cook pasta or rice.
2. Cook mince in oil until browned (+/-add garlic).
3. Add tomato paste and tinned tomatoes and cook for 1-2 mins.
4. Add vegetables of choice to meat and tomatoes.
5. Add stock and reduce to half of original volume (10 -15 mins).
6. In blender, mix pasta, meat and vegetables to desired consistency.
7. Add stock/formula/milk/water to reach desired consistency.

NOTES

- Or simply cook your usual family spaghetti bolognese and add stock/milk/formula/water and blend to desired consistency.
- This is 1 serving for a tubie. To batch cook, double or triple the portions.



PUMPKIN SOUP

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

Diced pumpkin bag or 1/2 pumpkin

1 can of lentils

Olive oil

1/2 cup full fat yoghurt

1/2 cup milk

2 cups vegetable stock

1/2 tsp cumin/paprika

1/4 tsp cinnamon/nutmeg

2 slices of bread

Calories/serve = 740

Protein/serve = 48g

DIRECTIONS

1. Boil pumpkin until tender (10-15 mins).
2. Heat olive oil in pan at medium heat (+/- garlic to taste).
3. Add spices and stir until fragrant.
4. Add boiled pumpkin, lentils and mix together.
5. Add vegetable stock and simmer for 10 mins.
6. Add yoghurt and milk and bring to boil.
7. To make the blend, add this soup and 2 x bread slices into blender and mix until smooth.

NOTES

- Blend to consistency of pancake batter.
- This is 1 serving for a tubie.
- To batch or cook for the family, double or triple the portions.



QUICK RED LENTIL SOUP

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

1 cup vegetable stock
1 cup of lentils
Olive oil
1 cup of diced carrot,
onion and celery
1/2 - 1 cup formula
1/2 tsp smoked paprika
1/2 tsp cumin
1 cup brown rice or
couscous
Juice of 1/2 lemon

Calories/serve = 600

Protein/serve = 20g

DIRECTIONS

1. Heat olive oil in pot. Add carrots, onion, and celery. Saute until the onion is translucent, about 5-6 mins.
2. Add the garlic and stir until fragrant (30s). Add smoked paprika, cumin and lentils.
3. Boil 1 cup of rice or couscous separately.
4. Add 1 cup stock and 1/2 - 1 cup formula. Stir and bring to simmer for 10 mins then add lemon juice.
5. In blender, mix this soup with cooked rice/couscous.
6. Add stock/formula/milk/water to reach desired consistency.

NOTES

- Blend to consistency of pancake batter.
- This is two servings for a tubie. To batch or cook for the family, double or triple the portions.



IMMUNITY BOOST BLEND (CHICKPEAS)

SERVINGS: 6

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 4 cups vegetable stock
- 2 x 400g can chickpeas
- 1/4 cup extra virgin olive oil
- 600g carrots
- 1 x brown onion (diced)
- 2 x red capsicum (deseeded & sliced)
- 2 garlic cloves
- 2 tsp cumin seeds
- 1/4 cup tahini
- Juice of 1/2 lemon
- 100 - 150mL milk/ formula
- 2 tbsp greek yoghurt

DIRECTIONS

1. Preheat oven to 200 degrees. Combine carrots, capsicum and cumin seeds with oil and bake for 45 mins.
2. Once done add to pot and combine with chickpeas, garlic, onion, tahini and stock. Bring to boil then simmer for 30 mins.
3. Blend all ingredients and lemon juice.
4. Divide final recipe into 6 serves.
5. When you are ready to feed your child add 2 tbsp of yoghurt and blend with 1-2 slices of bread. Add stock/milk/formula/water to reach desired consistency (e.g. 100 - 150mL).

Calories/serve = 500-600

Protein/serve = 30g

NOTES

Onion, lemon, garlic and capsicum are rich in vitamin C for immunity. Carrots are a strong antioxidant. Chickpeas, tahini and greek yoghurt are a rich protein source, easily digestible when sick.



RECIPE DEVELOPMENT & BATCHING TIPS

If batch blending

- Consider using Compleat Recipe Builder to make your meals nutritionally complete for a full 24 hours
- To get the ball rolling I would start off working in cups so you can move away from calorie counting into...what my child needs.
- Using the day to day examples above you can get a gist of what they need each day and double/ triple the volumes to batch your recipes

If blending as you go

- Blending on the go is a great way to allow your tubie to eat as your family eats
- Be sure to work in 1/2 cup measurements for your protein, fruit/ veg and carbohydrate so you get the portions right
- Breakfast might include 1/2 cup carbohydrate, 1x fruit and 1/2 - 1 cup of dairy
- Lunch and dinner might be 1/2 cup protein, 1 cup vegetables and 1/2 cup of carbohydrate

Additional resources

For more support with caring for your tubie I recommend:
Children's Nursing QLD - especially for support with stoma cares
<https://cnqld.com.au/>