

THE OFFICIAL 2020 FELLOWS CONFERENCE DRINK RECIPIE BOOK

Inspired by Abbott Nutrition Products



Submitted by Xiaoyi Tina Zhang

Chunky Monkey

Recipe:

4 scoops Elecare Jr banana

½ C (4oz) oat milk

6 ice cubes

1 tablespoon peanut (or plant protein) powder

1 teaspoon cocoa powder

Blend until smooth

Optional toppings: bruleed banana, chocolate shavings, Pocky!

Submitted by Roma Bose

Christmas in Naples

Recipe:

- 3oz Vital Peptide Vanilla
- 3oz Pediasure Peptide Vanilla
- 3/4oz peppermint schnapps
- 1.5 TBSP chocolate syrup

Instructions: To line the rim of your glass with chocolate, trace the opening of your glass onto parchment paper. Line the tracing with chocolate syrup (about 0.5 TBSP) and stand the glass upside down with the opening in the syrup. Let it stand for 3 minutes. Meanwhile, mix Vital peptide vanilla, Pediasure peptide strawberry, and peppermint schnapps together in a separate glass. Place your chocolate-rimmed serving glass upright and pour 1TBSP chocolate syrup into the bottom of the glass. Then pour formula contents slowly over the syrup. Enjoy!



Submitted by Farhana Ali

Banana Chocolate Sunrise

Recipe: mix all ingredients in a blender and enjoy!

- 1 cup of almond milk
- 4 tablespoons of Elecare powder (Banana flavor)
- 2 tablespoons of dry peanut butter powder
- 1 tablespoon of chia seeds
- 0.5 tablespoon of beet powder
- 1 tablespoon of chocolate fudge

Optional: half of a ripe frozen banana for thicker milkshake consistency (not used in this recipe)



Submitted by Kyla Tolliver

Banana Split Trio Winner 1st Place!

Banana Split Trio

Per shot:
-0.5oz whipped cream vodka
-0.5oz RumChata
-whipped cream topping

Banana shot:
-1oz banana elecare
-banana garnish
-sprinkles



Strawberry shot:
-1oz strawberry pediasure peptide
-strawberry purée
-strawberry garnish
-sprinkles

Chocolate shot:
-1oz vanilla elecare
-squeeze chocolate syrup
-cherry garnish
-sprinkles



Submitted by Andrea McInerny

I just had my 2nd child 2 weeks ago so the inspiration for these recipes is hydration/lactation

Strawberry Watermelon Mockjito Refresher

¾ cup frozen watermelon
1/3 cup frozen strawberries (about 2-3 large strawberries)
3 tsp lime juice
½ tsp strawberry Pedialyte powder
5 mint leaves
1 cup lime seltzer

Blend all the ingredients in a blender.

No Monkey Business Lactation Smoothie (because nutrition and breastfeeding are serious business)

4 unpacked scoops Elecare Jr
Banana
1 tsp ground flax seed
1 tsp chia seeds
2 TBS uncooked quick oats
1 tsp brewer's yeast (optional)
1 TBS peanut butter (or other butter alternative. I like cashew butter for smoothies, but alas we were out)
½ cup frozen blueberries
1 cup whole milk (or other nondairy alternative)

Blend all the ingredients in a blender.



Submitted by Kathryn Clarkston

Vital-Rita

The recipe is:

- 2oz Vital peptide 1.5 vanilla
- 2oz Pediasure peptide strawberry
- 1 tbsp lime juice
- 1/2 cup ice

Put in a shaker and mix together for 20 seconds. Pour in a glass with a salted rim. Enjoy!





Submitted by Josh Eisenberg

Post-Call Pick-Me-Up

Vital Peptide Vanilla 1.5 x4 oz

Ice cubes x4

Instant coffee powder x1 packet
(3/4 tsp)

Cocoa powder x1 tsp (may
substitute chocolate syrup)

Graham crackers x4

Combine ice cubes, vital peptide,
instant coffee, and cocoa powder.
Blend the ingredients together.

Add 2 graham crackers and blend
in for a thick consistency.

Manually crush remaining 2
graham crackers to use as garnish.

*Ingredients inspired by what can
be found in a hospital
nourishment room.

Submitted by Mary Ayers

Hide your Veggies

38g Vanilla Elecare Jr

6oz unsweetened vanilla almond milk

1 cup of spinach

1/2 medium avocado

3/4 cup of frozen berries, I used mixed berries but I'm sure any would work

1/4 teaspoon cinnamon

Fresh blueberries as garnish

Sing "veggies, veggies hidden here" (to the tune of Twinkle Twinkle) while serving.



Submitted by Vijay Mehta

Premium Nectar

4 scoops of elecare jr Vanilla.
3 ounces unsweetened ripple
3 ounces water
3 seconds squeeze of Ghiradelli Chocolate

Shake. Add 2 ice cubes and enjoy



Submitted by Laura Irastorza

The BRBPR

Recipe:

- 1 packet Strawberry Pedialyte
- 1 cup water
- 3-4 strawberries
- 1 tablespoon lime juice



1. Pour 1 packet of strawberry pedialyte into one cup water and shake well using your Elecare shaker!
2. Pour mixture into ice cube tray to make pedialyte ice cubes.
3. Let set in freezer to freeze 2-3 hours.
4. Place frozen pedialyte ice cubes into blender along with 3-4 strawberries chopped and the 1 tablespoon lime juice.
5. Blend for 30 seconds.
6. Pour into glass and garnish with strawberry on top (optional)

Submitted by Angela Chu

Vital Cold Brew Martini

Ingredients:

- 1.5 oz Vodka
- 3/4 oz Amaro Montenegro
- 3/4 oz Bailey's Irish Cream
- 1 oz cold brew coffee
- 1 oz Vital Peptide Vanilla

Steps:

1. Pour all ingredients into cocktail shaker.
2. Add ice and shake for 20-30 seconds.
3. Strain into a chilled cocktail glass.
4. Garnish with 3 coffee beans.



Submitted by Denise Do Young

Pink Flamingo

2 cups seedless watermelon

2/3 cup vanilla ice cream (dairy free if desired)

3oz Elecare Jr (vanilla)

Mix using blender. Enjoy!



Submitted by Jonathan Wong

**SBBO: Strawberry Basil Balsamic
On the rocks**

Winner 2nd Place!

Ingredients:

- 2 strawberries (plus extra slice for garnish)
- 2 basil leaves (plus extra for garnish)
- 1 dash Balsamic Vinegar
- Ice (2-4 cubes)
- 4 oz Seltzer water
- ½ packet of strawberry Pedialyte powder

Recipe:

1. Muddle strawberries, Basil leaves, Pedialyte powder, and Balsamic Vinegar in a glass
2. Add Seltzer Water and stir
3. Add ice
4. Garnish with basil leaves and strawberry slice
5. Enjoy





Submitted by Alex Schosheim

An Apple a Day.... Winner 3rd Place!

- 1 0.3 oz packet of Pedialyte Apple
- 4 oz of water
- 3 Sprigs of rosemary (1 for Garnish)
- 1/2 Tablespoon lime juice
- 1.5 oz of Bourbon

1. Mix Pedialyte packet with 4 oz of water
2. Muddle 2 Sprigs of Rosemary in a shaker
3. Add 2 oz. of the Pedialyte mixture, 1.5 oz of Bourbon, and 1/2 Tbsp of lime juice with a cup of ice

to the shaker with rosemary
4. Shake and serve strained over ice with a spring of rosemary and an apple slice for garnish

Summer Berry Smash

- 1 0.3 oz packet of Pedialyte Strawberry
- 1/4 cup of blueberries
- 1/4 cup raspberries
- 5 mint leaves
- 6 oz of seltzer
- 1/2 tbsp of lime juice

1. Muddle together the mint leaves, berries, and Pedialyte powder in a shaker
2. Add 6 oz of seltzer and 1/2 tbsp of lime juice along with a cup of ice
3. Shake and strain over ice



Submitted by Ruben Colman

New-Fashioned Gut Flora 1.5

A delicious healthy drink for on the beach or at NASPGHAN meetings!

- 2 dashes of Angostura bitters
- 4 oz of pedialyte apple*
- 1 ice cube
- 1 Maraschino Cherry
- Glass rimmed with Elecare Jr powder (Banana flavor)

*Cocktail variant has 2 oz of pedialyte and 2 oz of Rye

