

HAPPY TUMMIES COOKBOOK

*20 nutritious, quick, and delicious
recipes made with Karicare Toddler Milk*



Suitable for children from 12 months of age. When prepared as directed and enjoyed in addition to a healthy, varied diet when intake is inadequate.

YUM FOR LITTLE ONES!

Feeding your little human should be simple, tasty, and fun – that’s why we whipped up this cookbook! From breakfast bites to afternoon treats, mealtimes are made easy with these 20 toddler friendly recipes.

Quick to make, full of flavour, and gentle on little tummies, they’re packed with goodness and sure to become family favourites.

KARICARE TODDLER CONTAINS A UNIQUE PREBIOTIC BLEND PROVEN TO IMPROVE DIGESTION*

What are Prebiotics?

Prebiotics are a type of dietary fibre that nourish the beneficial bacteria living in the gut. These “good” bacteria play a vital role in digestion, nutrient absorption, and overall gut health.

By nourishing these bacteria, prebiotics help maintain a balanced gut microbiome, which is essential for a healthy digestive system.



*For young children. with scGOS/lcFOS (9:1) to improve digestive health compared to control without prebiotics. Data on file. When prepared as directed and enjoyed as part of a healthy, varied diet.

Prebiotics naturally occur in many plant-based foods, including:

VEGETABLES

Garlic,
Onion,
Leek

LEGUMES

Chickpeas,
Beans,
Lentils

WHOLEGRAINS

Oats,
Barley,
Rye

FRUITS & NUTS

Apple,
Banana,
Pistachio

Especially if they're a picky eater, many toddlers may not eat enough or have a good variety of these foods to support optimal gut health.

WHY IS THIS PREBIOTIC BLEND SO UNIQUE ?

Backed by Science

Karicare Toddler Milk contains the most scientifically researched prebiotic mixture used in formulas worldwide, known as scGOS/lcFOS (9:1).

A Trusted Choice

With a recent scientific review highlighting just **how well this** unique prebiotic blend improves digestion,* **Karicare Toddler** remains a trusted choice for parents who want to keep their little one's tummy happy.

*with scGOS/lcFOS (9:1) to improve digestive health compared to control without prebiotics. Data on file.
When prepared as directed and enjoyed as part of a healthy, varied diet.





PROFESSOR PETER SW DAVIES

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For 40 years, Professor Peter Davies has been a leading voice in childhood health and nutrition. During this time, he's published more than 450 abstracts, papers, and articles in the field of nutrition, growth, energy metabolism and body composition.

Today, Professor Davies serves as an Honorary Professor of Childhood Nutrition at the University of Queensland's Children's Health Research Centre and as an Adjunct Professor at the University of the Sunshine Coast.

Since 2018, he's provided independent scientific and advisory expertise to food and pharmaceutical organisations in Australia and abroad.

Who is Peter Davies without all the letters behind his name?

Born in the West Midlands (UK), Peter moved to Queensland with his wife Nicky in 1995 and quickly embraced life in the sunshine state.

Away from the laboratory and lecture theatre, he's a passionate home cook, a keen traveller, and a devoted sports fan with a soft spot for rugby, cricket, and football.



FOREWORD

Why Early Nutrition Matters

Early childhood is a time of rapid physical and cognitive development, with good nutrition helping shape healthy growth, brain development, emotional wellbeing¹⁻³ and gut health.

“Good bacteria” thrives on prebiotics, which play a key role in supporting immunity and healthy digestive function⁴ during this important stage of life. And yet, many toddlers don’t always get the nutrients they need.

Why Toddlers May Need Extra Nutrients

Despite best efforts, toddlers often eat less variety than recommended. An Australian survey found over half of parents worry about fussy eating,⁵ and restrictive feeding responses can make things worse.^{6,7,8} Studies show toddlers often miss key nutrients such as iron, vitamin D, and zinc.⁹⁻¹⁰ Toddler milks like Karicare Toddler can help bridge these gaps, improving micronutrient status when diets fall short.^{11,12-17}

Why This Cookbook May Help

Every recipe includes Karicare Toddler Milk, providing sixteen essential vitamins and minerals to support growth and development¹⁸ along with a well-researched prebiotic blend that supports digestive and immune health in toddlers.⁷

While not deemed a necessity, there is significant evidence that the micronutrient status (e.g. iron and vitamin D) of toddlers can be improved by using toddler milks if the individual has an inadequate diet.^{11,12-17} The recipes in this cookbook may help these toddlers benefit from an improved diet leading to optimal growth, development, and gut health.

Nutrition Doesn't Have to Be Complicated

Created by Karicare Toddler with recipe writer Trish Heagerty, home economist Mark Pollard, and photographer Steve Brown, this cookbook presents 20 simple, tasty meals that are designed to make feeding your toddler easier – and help support healthy growth, development, and gut health.

Please enjoy!
Professor Peter Davies

20 Little Plates of Joy

Choose a mini meal or happy snack and find your new favourites. Easy to make, fun to eat, and full of goodness.





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Meals for Happy Tummies

Make mealtimes easier and more joyful.
Play with textures, colours, and flavours—because sometimes,
all it takes is a twist to turn “no” into “more please!”





Super Spinach Soup

Green, quick, and creamy—this spinach soup is a superhero in disguise. Packed with veggies for growing little bodies.

INGREDIENTS

- **70g (8 scoops) Karicare Toddler Milk powder**
- 270 mL vegetable stock
- 10g (½ tbsp) butter
- 30g leek, sliced
- 1 (50g) small potato, peeled and diced
- 120g baby spinach
- 2 tsp Greek yoghurt (optional)

Tips

Add garlic and turmeric for an even healthier serving.
Can refrigerate for 3 days and freeze for 3 months.



PREP TIME
2 minutes



SERVES
2



COOK TIME
10 minutes

INSTRUCTIONS

1. In a medium saucepan, over medium heat, melt butter, and sauté leeks, until soft.
2. In a jug, whisk Karicare Toddler Milk powder with vegetable stock, until smooth.
3. Pour Karicare Toddler Milk mixture into saucepan, add potato and simmer over medium heat, stirring occasionally, cook for about 10 minutes, until soft.
4. Add baby spinach and cook until wilted.
5. Take off heat and blend. Add some water to thin down if the consistency of the soup is too thick.

FUN FACT

Spinach is packed with iron, vitamin K, and folate, key nutrients for blood health and cell growth and great for growing toddlers!

Tiny Fish Bake

A golden-topped pie with soft mash, peas and flaky fish—gentle, nourishing and perfect for little hands and happy tummies.



PREP TIME
5 minutes



SERVES
4



COOK TIME
20 minutes

INGREDIENTS

- **39g (16 scoops) Karicare Toddler Milk powder**
- 260g white fish, cut into cubes
- 400g potato, peeled, chopped into small cubes
- 40g (2 tbsp) butter
- 30g (2 tbsp) plain flour
- 250ml (1 cup) water
- 65g (½ cup) peas
- 30g (¼ cup) grated cheese

FUN FACT

White fish, like cod or haddock, is low in fat and high in protein and B vitamins, which support energy production.

Tips

Whisk mash to make it extra smooth and creamy. If serving individual pots, wait for it to cool down so little fingers don't get burnt.

INSTRUCTIONS

1. Pre heat grill.
2. In a large bowl, whisk Karicare Toddler Milk powder and water until dissolved. Set aside two tablespoons of the mixture.
3. Cook the potato in cold water over medium/high heat in a large saucepan and cover. Bring to the boil, then reduce to medium heat and simmer for 8 mins, until tender. Drain, and return to saucepan, mash potato and add the reserved 2 tablespoons of Karicare Toddler Milk mixture.
4. Meanwhile, in a large saucepan, over low/medium heat, melt butter, adding the flour and mix well, until smooth. Slowly pour in the Karicare Toddler Milk mixture, stir until smooth, add fish and peas; cook stirring occasionally for 5 mins.
5. Spoon mixture into a 500ml oven proof dish or four 125 mL individual oven proof dishes. Top with mashed potato and sprinkle with cheese, grill for 6 minutes until golden brown.



Chicken Noodle Soup



Every spoonful is a surprise! Noodles, chicken, and veggies in a creamy broth toddlers will love to gobble up. – whip it up in minutes!



PREP TIME
2 minutes



SERVES
2



COOK TIME
2.5 minutes

INGREDIENTS

- **70g (8 scoops) Karicare Toddler Milk powder**
- 1½ cups boiling chicken stock
- 140g dried pot noodle
- 30g (¼ cup) of frozen peas, corn and carrot
- 40g (¼ cup) BBQ chicken, shredded

INSTRUCTIONS

1. In a large microwave safe bowl, whisk together the boiling chicken stock and Karicare Toddler Milk powder, until smooth.
2. Add your noodles, frozen peas, corn and carrot and cook per noodle packet instructions, for 2 mins in the microwave.
3. Add the chicken and cook for a further 30 seconds and serve.

FUN FACT

Chicken stock is hydrating and contains minerals like magnesium and phosphorus, which support bone health.

Tips

Depending on the type of dried noodles you use, you may need to add more stock or water to get your preferred consistency.

Spinach Swirl Frittata

A cheesy, veggie-packed frittata with pasta twists—easy to slice, fun to nibble, and perfect for little lunchtime explorers.



PREP TIME
5-7 minutes



SERVES
4 to 5



COOK TIME
15-20 minutes

INGREDIENTS

- **139g (16 scoops) Karicare Toddler Milk powder**
- 120 mL warm water
- ½ cup cooked spiral pasta (~60 g dry)
- 3 eggs, lightly whisked
- Salt and pepper to taste (optional)
- 45g (1½ cups) raw spinach, chopped
- 40g (½ cup) grated cheddar cheese
- Olive oil spray, to grease frypan

Tips

Leftovers can be served cold or reheated.
Swap pasta for quinoa or use gluten-free pasta if needed.

INSTRUCTIONS

1. Preheat oven, 190°C fan-forced.
2. Grease a 20cm oven-safe frying pan.
3. In a large bowl, whisk Karicare Toddler Milk powder and water, until fully dissolved.
4. Add the eggs, salt, and pepper and mix.
5. Add cooked pasta, spinach, and most of the cheese. Mix gently.
6. Pour the mixture into the fry pan.
7. On low-medium heat cook for 4 minutes without stirring.
8. Sprinkle remaining cheese on top.
9. Bake for 16 minutes until lightly set.
10. Let stand for 10 minutes before serving.
11. Slice into wedges.

FUN FACT

Spinach is rich in vitamin K which helps build strong bones — perfect for growing kids who are always on the move!





Tiny Tummy Tomato Meatballs

Juicy little meatballs simmered in tomatoey goodness—easy to squish, fun to munch, and perfect for growing toddler tummies.

INGREDIENTS

- **70g (8 scoops) Karicare Toddler Milk powder**
- 6 beef meatballs
- 70 mL beef stock
- ¼ tsp garlic powder (optional)
- ¼ tsp Italian herbs (optional)
- 125 mL (½ cup) pasta sauce
- Salt & freshly ground black pepper (optional)

Tips

Serve with grated cheese.
Perfect as a meal on its own or serve with your favourite pasta or use as a dip for toasted soldiers.



PREP TIME
5-7 minutes



SERVES
2



COOK TIME
20 minutes

INSTRUCTIONS

1. Preheat oven, cook at 180°C fan-forced.
2. In a large bowl whisk Karicare Toddler Milk powder with beef stock.
3. Add garlic powder, Italian herbs, salt and pepper and pasta sauce and mix.
4. Pour mixture into an oven proof dish, add meatballs and cook for 20 mins.
5. If sauce is too thick, add a little warm water and mix through before serving.

FUN FACT

Red meat is a rich source of high-quality protein, iron, zinc and vitamin B12 which are important for growing toddlers.

Little Chicken Puff Pie

Flaky pastry, creamy chicken and veggie goodness—this gentle pie is golden-brown to warm small bellies.



PREP TIME
5 minutes



SERVES
4



COOK TIME
20 minutes

INGREDIENTS

- **139g (16 scoops) Karicare Toddler Milk powder**
- 250 mL (1 cup) water
- 30g (1 tbsp) butter
- 20g (1 tbsp) plain flour
- 150g (1 cup) cooked chicken
- 150g (1 cup) frozen mix vegetables
- 1 puff pastry sheet
- 1 egg, lightly whisked

Tips

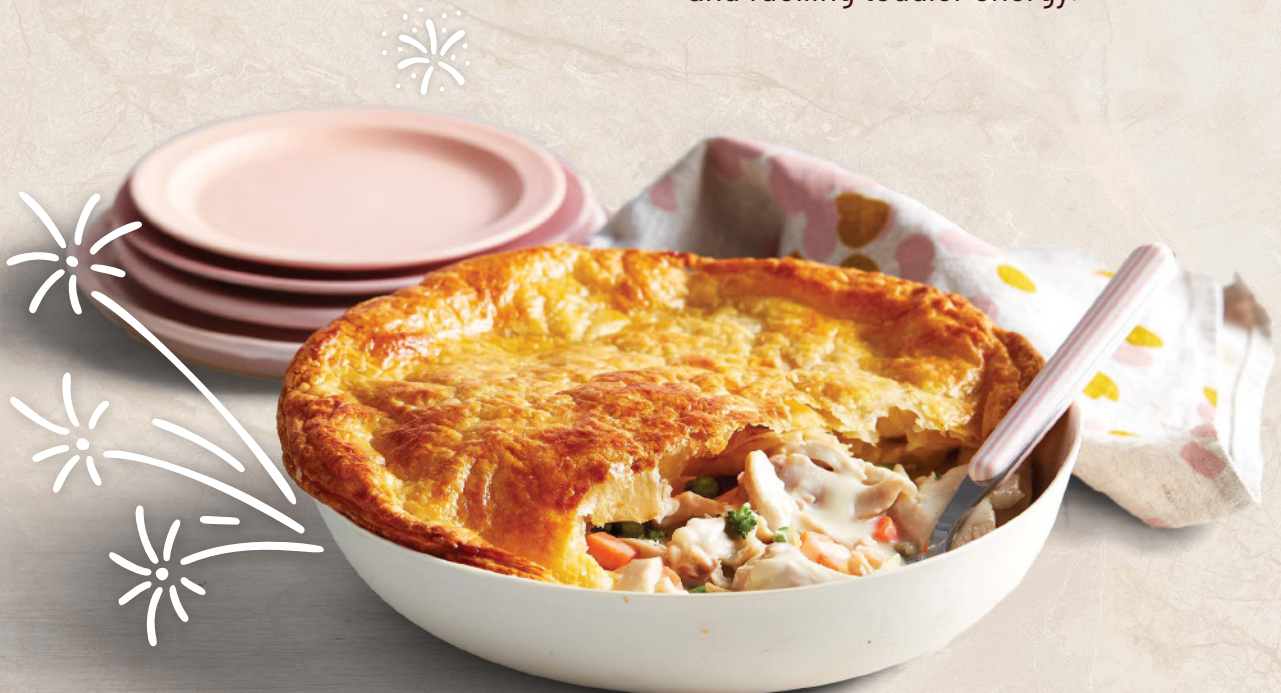
Make individual pies using 2/3 cup or 150 mL individual oven proof dishes or teacups. Let cool down before serving.
Instead of pastry, add your favourite mash.

INSTRUCTIONS

1. Preheat oven 200°C fan forced.
2. In a bowl, whisk Karicare Toddler Milk powder and water until smooth.
3. Place saucepan on medium heat, melt butter, adding the flour and stir continuously for one minute, slowly add the Karicare Toddler Milk mixture, stirring continuously as the mixture thickens.
4. Add the frozen vegetables and cooked chicken. Stir for 1-2 minutes and pour into oven 800 mL/3 cup proof dish/dishes.
5. Place puff pastry on top and brush lightly with egg.
6. Bake for 20 minutes or until pastry is golden brown and serve.

FUN FACT

Chicken is a great source of lean protein and B vitamins, essential for building strong muscles and fuelling toddler energy.





Salmon Sprinkle Pasta

Creamy spaghetti swirls with salmon and parmesan cheese. A quick dish, perfect for tiny forks and big cheesy smiles.

INGREDIENTS

- **70g (8 scoops) Karicare Toddler Milk powder**
- 45g uncooked spaghetti
- 80ml (1/3 cup) warm water
- 2 tbsp parmesan, finely grated plus extra to serve
- 30g smoked salmon, torn (optional)
- 5g (1 tsp) dill, finely chopped (optional)

Tips

Add your little one's favourite frozen veggies like peas or corn. Instead of smoked salmon, use your favourite fish or your favourite protein.



PREP TIME
2 minutes



SERVES
2



COOK TIME
10 minutes

INSTRUCTIONS

1. Follow instructions to cook spaghetti
2. Meanwhile, in a small saucepan over low/medium heat, whisk the water and Karicare Toddler Milk powder, until smooth. Add some extra water, if you prefer a thinner sauce.
3. Add the cheese, and cooked spaghetti, toss
4. Add the salmon and serve, with a little extra parmesan and dill.

FUN FACT

Salmon is rich in omega-3 fatty acids, which are crucial for brain development and maintaining a healthy nervous system in young children.

Avocado Pancake Roller Coaster

Fluffy golden pancakes rolled around creamy smashed avocado and lemon — nourishing, zesty, and fun to munch.



PREP TIME
5 minutes



SERVES
2



COOK TIME
12-18 minutes

INGREDIENTS

- **70g (8 scoops) Karicare Toddler Milk powder**
- 125ml (½ cup) water
- 60g (¼ cup) plain flour
- 14g (1 tbsp) butter or cooking oil spray
- ½ ripe avocado, mashed
- Squeeze of lemon juice - optional

FUN FACT

Creamy avocados are full of healthy monounsaturated fats for strong hearts and growing brains, along with vitamin E for cell protection.

Tips

For best results, pre make the mixture and store covered in the fridge for 30 minutes + before cooking. Swap flour for a gluten-free alternative if needed. Try filling with mashed banana instead of avocado.

INSTRUCTIONS

1. In a large bowl, whisk Karicare Toddler Milk powder with water until smooth.
2. Whisk in the flour.
3. Over a medium heat melt butter in a medium non-stick frying pan.
4. Pour half of mixture into frying pan; spread to cover base of pan.
5. Heat for 3-4 minutes until small bubbles appear on the surface.
6. Turn and cook other side until cooked through.
7. In a small bowl, mash avocado and lemon juice.
8. Spread evenly over both pancakes.
9. Roll pancakes and cut into bite sized pieces.





Pumpkin Chickpea Power Nuggets

Perfect for little hands, these golden bites are packed with pumpkin sweetness and chickpea goodness. Yummy!

INGREDIENTS

(FOR 6 NUGGETS)

- **70g (8 scoops) Karicare Toddler Milk powder**
- 65g (¼ cup) cooked and mashed pumpkin
- 95g (¼ cup) tinned chickpeas, mashed
- 89g (¾ cup) breadcrumbs (measured into 3x ¼ cup portions)

Tips

Try it with any leftover veggies or mash.



PREP TIME
10 minutes



SERVES
2



COOK TIME
20 minutes

INSTRUCTIONS

1. In a large bowl, mix chickpeas, mashed pumpkin, Karicare Toddler Milk powder and ¼ cup breadcrumbs, don't over mix.
2. Add another ¼ cup breadcrumbs and fold in loosely.
3. Shape into small nugget-sized pieces and roll nuggets in the remaining ¼ cup breadcrumbs.
4. **Air Fryer:** Preheat and cook at 180°C for 10–12 minutes. Flip halfway through cooking. **Oven:** Preheat and cook at 180°C (fan-forced) for 18–20 minutes until golden, turning over halfway through cooking.
5. Cool slightly before serving.
6. Serve with your favourite yoghurt, sauce or mayonnaise.

FUN FACT

Chickpeas are rich in prebiotic fibre and plant-based protein, which support digestive health and help kids stay full and satisfied.

Mac & Cheese Munchies

Golden, crunchy, and full of flavour—these are the ultimate toddler-approved snack for lunchboxes or on-the-go nibbling.



PREP TIME
5 minutes



SERVES
2



COOK TIME
20 minutes

INGREDIENTS

(FOR 6 FINGERS)

- **70g (8 scoops) Karicare Toddler Milk powder**
- 60 mL (¼ cup) warm water
- 2 eggs, lightly whisked
- 70g (½ cup) cooked macaroni
- 1 tbsp peas
- 1 tbsp ham, chopped
- 30g (¼ cup) cheddar cheese, grated

INSTRUCTIONS

1. Preheat oven 180°C (fan-forced).
2. Line loaf tin with baking paper.
3. In a large bowl whisk together the Karicare Toddler Milk powder and water until it forms a smooth paste, add egg and mix.
4. Add macaroni, peas and ham, mix and pour into prepared loaf tin.
5. Sprinkle with cheese. Bake for 20 minutes.
6. Allow to cool, before cutting into fingers.

FUN FACT

Cheddar cheese delivers calcium, a key nutrient for building healthy bones and teeth—just what growing kids need.

Tips

This dish is a great way to use leftover pasta or vegetables.



Sweet and Savoury Snacks

Wholesome, quick, and fun to eat—
these snacks are made
for little hands and growing appetites.



Magic Muesli Apple Muffins

Start the day with the fresh taste of apples in a soft delicious muffin. Easy to make, quick to bake and a must for every toddler's morning menu.



PREP TIME
10 minutes



SERVES
6



COOK TIME
20 minutes

INGREDIENTS

- **209g (24 scoops) Karicare Toddler Milk powder**
- 150 mL warm water
- 65g (½ cup) muesli, plus 40g (2 tbsp) for topping
- 88g (½ cup) self-raising flour
- ¼ tsp cinnamon (optional)
- 1 egg, lightly whisked
- 1 apple (120g) peeled, grated apple, reserve 20g (1 tbsp) for topping

Tips

Spray muffin cases with a little oil to prevent them from sticking. They're extra yummy in Winter when served warm with a dollop your little one's favourite yoghurt.

INSTRUCTIONS

1. Preheat oven to 180°C (fan forced).
2. Place 6 paper muffin cases in muffin pan.
3. In a large bowl, whisk warm water and Karicare Toddler Milk powder, until fully dissolved, then add the egg; mix.
4. In a large bowl, combine muesli, self-raising flour and cinnamon.
5. Stir the wet ingredients and grated apple into the dry mix. Mix gently—do not over-beat.
6. Spoon the mixture into muffin cases, filling generously.
7. Sprinkle over the reserved muesli and apple.
8. Bake for 20 mins.

FUN FACT

Did you know apples are rich in pectin? This type of fibre supports gut health and helps regulate digestion. Perfect for little tummies.





Banana Choco Ice Cream

A creamy, dreamy treat made in minutes! Toddlers adore the sweet banana-chocolate combo. Just blend, freeze, and enjoy!



PREP TIME
2 minutes



SERVES
4



FREEZE TIME
5 hours

INGREDIENTS

- **139g (16 scoops) Karicare Toddler Milk powder**
- 100 mL water
- 2 ripe bananas, chopped
- 1 tbsp cocoa

Tips

You'll get the best results with very ripe bananas. You can pour the mixture into ice block moulds to serve. Take out of freezer for a few minutes before serving so scooping is easier.

INSTRUCTIONS

1. Place all ingredients into a blender and blend.
2. Pour into a freezer safe container, cover and freeze.
3. Freeze Time: Pop your ice cream in the freezer for at least 5 hours or overnight—so it gets super chilly and ready for yummy scoops!

FUN FACT

Bananas are a natural source of potassium, a key nutrient that supports healthy muscle function—perfect for growing bodies.

Strawberry Bliss Shake

A frosty blend of strawberries, honey, and yoghurt—gentle, fruity, and ready to delight tiny taste buds.



PREP TIME
2 minutes



SERVES
1



COOK TIME
Nil

INGREDIENTS

- **35g (4 scoops) Karicare Toddler Milk powder**
- 125 mL (½ cup) cold water
- 70g (½ cup) frozen strawberries
- 20 mL (1 tbsp) honey (optional)
- 20 mL (1 tbsp) Greek yoghurt (optional)

Tips

Use a sieve to strain out the strawberry seeds. Add a frozen banana for a creamier, thicker shake

INSTRUCTIONS

1. In a jug, mix Karicare Toddler Milk powder with cold water until fully dissolved.
2. Add the Karicare Toddler Milk mixture and strawberries to a blender.
3. Blend until smooth.

FUN FACT

Strawberries are full of vitamin C and fibre. Their natural sweetness makes them a great swap for added sugars in drinks, especially for little ones.



Watermelon Ice Magic Granita



A blend of juicy watermelon and creamy toddler milk frozen into sparkly granita—easy to make, fun to eat.



PREP TIME
2 minutes



SERVES
4



FREEZE TIME
4 hours

INGREDIENTS

- **35g (4 scoops) Karicare Toddler Milk powder**
- 150g watermelon, skin removed and chopped

Tips

Use your favourite fruits! For different flavours try orange, rockmelon or pineapple.

INSTRUCTIONS

1. In a blender, blend watermelon, add Karicare Toddler Milk powder and blend.
2. Pour into a freezable dish, cover and freeze. Place in the freezer for 1 hr.
3. Mix with a fork - you should start to see ice crystals forming at the edges.
4. Return to the freezer for 20 mins then stir again.
5. Repeat once or twice more until the granita is all clumps of ice. Serve.

FUN FACT

Watermelon is over 90% water, making it a naturally hydrating fruit. It's also a refreshing source of vitamin C and antioxidants.



Coconut Star Fingers

A no-bake blend of oats, dates, carrot and cinnamon—chilled into finger shapes and sprinkled with coconut for extra magic.

INGREDIENTS

- **70g (8 scoops) Karicare Toddler Milk powder**
- 30g (1¼ cup) oats
- 35g (¼ cup) carrot, peeled and grated
- 50g (3) fresh pitted dates
- ¼ tsp cinnamon
- 20g (2 tbsp) desiccated coconut, 1 tsp for sprinkling (optional)

Tips

Make bite size balls rolled in desiccated coconut or use silicone moulds to make fun shapes. Store covered in the fridge for up to 5 days.



PREP TIME
5 minutes



SERVES
2



CHILL TIME
2 hours

INSTRUCTIONS

1. Place all ingredients into a blender and blend until smooth
2. Place in lined baking dish, press mixture firmly.
3. If desired, sprinkle with 1 teaspoon of desiccated coconut.
4. Refrigerate for 2 hours, then slice into fingers.

FUN FACT

Carrots are high in beta-carotene, a nutrient that becomes vitamin A once digested. It's essential for healthy vision and immune function.

Nanni's Jammy Berry Pikelets



PREP TIME
5 minutes



SERVES
2



COOK TIME
12-15 minutes

Golden, fluffy pikelets with a hint of vanilla and berry sweetness—easy to whip up and a smile in every bite.

INGREDIENTS

(FOR 6 BIG, OR 12 SMALL PIKELETS)

- **70g (8 scoops) Karicare Toddler Milk powder**
- 125 mL (½ cup) warm water
- 1 egg, lightly whisked
- ¼ tsp vanilla bean paste
- 125g self-raising flour
- Cooking spray for greasing pan
- Fresh raspberries and a drizzle of honey for serving

Tips

These are perfect on their own as little snacks. You can serve them with jam and cream on top.

INSTRUCTIONS

1. In a large bowl, whisk Karicare Toddler Milk powder and water until smooth.
2. Add the egg and vanilla bean paste and stir.
3. Add the self-raising flour and whisk to create a smooth batter.
4. Preheat a non-stick fry pan on low/moderate heat. Lightly grease.
5. Place spoonfuls of batter into the pan. Cook until bubbles form, then flip.
6. Cook the other side until golden.
7. Serve with yoghurt, fresh raspberries and a drizzle of honey

FUN FACT

Eggs provide choline, a brain-boosting nutrient essential for healthy development and cognitive function in toddlers.





Mango Magic Chia Pudding

Creamy, naturally sweet, and fabulous for self-feeding. Chilled mango pudding with chia and toddler milk — top with juicy berries for extra smiles and spoonfuls.

INGREDIENTS

(FOR 1 CUP)

- **70g (8 scoops) Karicare Toddler Milk powder**
- 125 mL (½ cup) water
- 130g (½ cup) mango, peeled
- 20g (1½ tbsp) chia seeds

Tips

Depending on your child's preferences try swapping mango for other fruits. Store covered in the fridge for up to 2 days.



PREP TIME
10 minutes



SERVES
1



CHILL TIME
2 hours

INSTRUCTIONS

1. In a large bowl whisk together the Karicare Toddler Milk powder and water until smooth.
2. In a blender, blend mango until smooth.
3. Blend Karicare Toddler Milk mixture and mango together.
4. Add chia seeds, mix well to evenly distribute the chia.
5. Allow to sit for 10 mins and stir again to ensure lumps haven't formed.
6. Pour the mixture into serving glasses or container.
7. Cover and refrigerate for 2 hours or overnight.
8. Top with the remaining mango and a dollop of yoghurt (serving suggestion).

FUN FACT

Chia seeds are tiny, nutritional powerhouses packed with omega-3 fatty acids, fibre, and calcium. They support digestive health and help keep little tummies fuller for longer.

Cloudy Raspberry Cake

A warm, old-style cake — soft, sweet, and comforting. Perfect for little tummies, with fruity twists the whole family will love.

INGREDIENTS

- **70g (8 scoops) Karicare Toddler Milk powder**
- 80 mL (1/3 cup) water
- 3 tbsp self-raising flour
- 6 raspberries



PREP TIME
2 minutes



SERVES
2



COOK TIME
1 minute

INSTRUCTIONS

1. In a jug whisk the Karicare Toddler Milk powder and water, until smooth.
2. Add flour and pour into a 300 mL microwave safe dish.
3. Add raspberries and mix.
4. Place in microwave and cook for 60 seconds.

FUN FACT

Despite their sweetness, raspberries have a low glycemic index and may help regulate blood sugar thanks to their high fibre content.

Tips

Dust with icing sugar. Serve warm or cold. Wait for the raspberries to cool down so you don't burn your little one's mouth.





Dreamy Overnight Oats

A warm start without the cooking—just prep the night before and serve with yoghurt and berries for a morning treat.



PREP TIME
2 minutes



SERVES
1



CHILL TIME
Overnight

INGREDIENTS

- **35g (4 scoops) Karicare Toddler Milk powder**
- 80ml (¼ cup) water
- 28g (¼ cup) oats
- Serve with yoghurt, favourite fruits and nuts

Tips

If the oats become too thick, add 1–2 tablespoons of water before or after placing in the fridge.

INSTRUCTIONS

1. In a lidded jar place water and Karicare Toddler Milk powder, place lid on and shake until well combined.
2. Add oats and shake.
3. Place in fridge overnight.
4. Stir in yoghurt and serve with your favourite berries.

FUN FACT

Wholesome oats are packed with soluble fibre to help regulate digestion and keep tiny tummies feeling satisfied for longer.

Berrylicious Raspberry Pops



Whisk, pour, freeze! These fruity pops blend smooth vanilla with raspberries for a cool, nourishing treat little ones adore.



PREP TIME
2 minutes



SERVES
4



FREEZE TIME
5 hours

INGREDIENTS

- **139g (16 scoops) Karicare Toddler Milk powder**
- 200 mL water
- 1 tsp vanilla bean paste
- 70g (½ cup) frozen or fresh raspberries, mashed with a fork

INSTRUCTIONS

1. In a large jug, whisk together Karicare Toddler Milk powder, water and vanilla bean paste.
2. Place raspberries into ice block moulds.
3. Pour Karicare Toddler Milk mixture into moulds and freeze.

FUN FACT

Raspberries are naturally high in antioxidants including vitamin C, making them a tasty way to help strengthen the immune system.

Tips

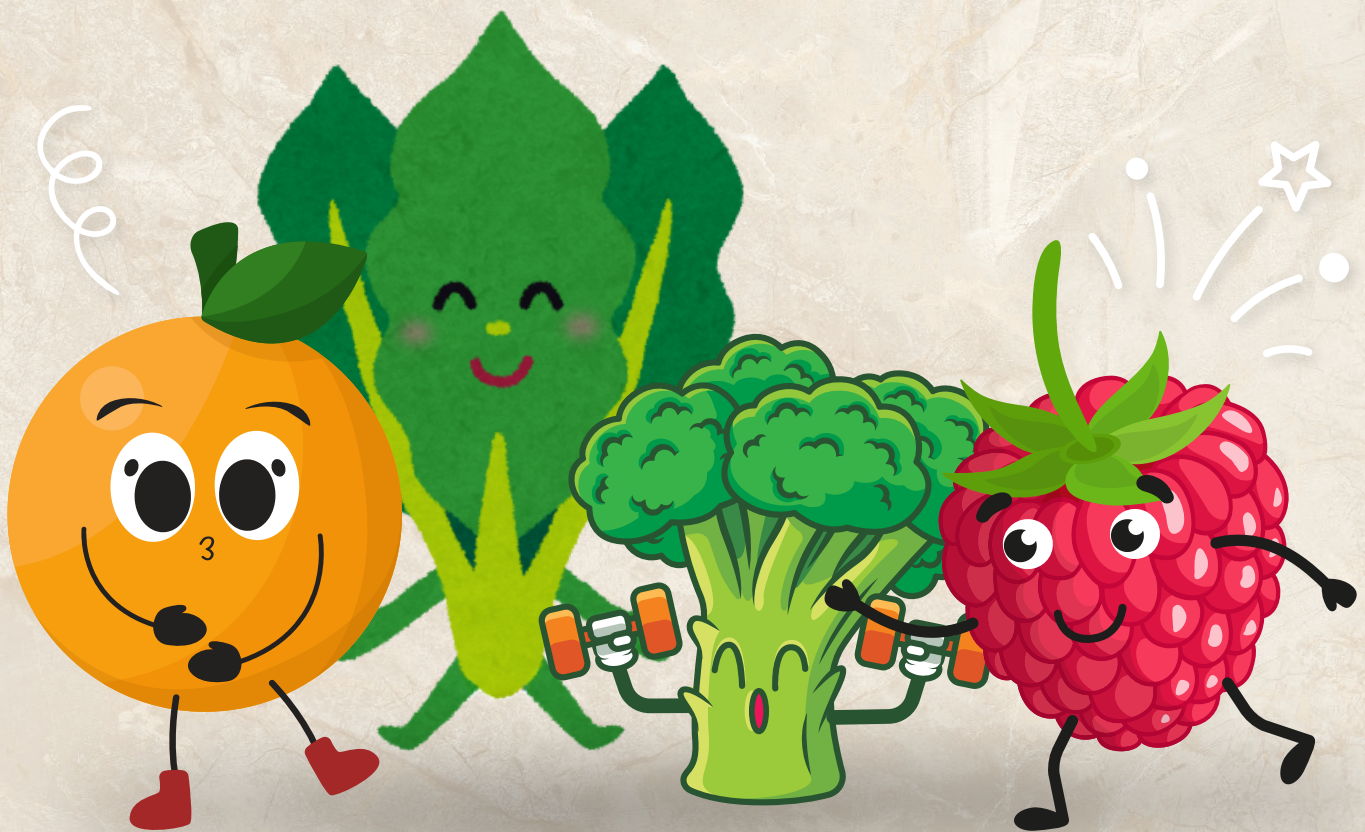
No ice block moulds? Pour the mixture into a glass or jelly mould and put in a paddle pop stick.



GRAB YOUR FAVOURITE CRAYONS

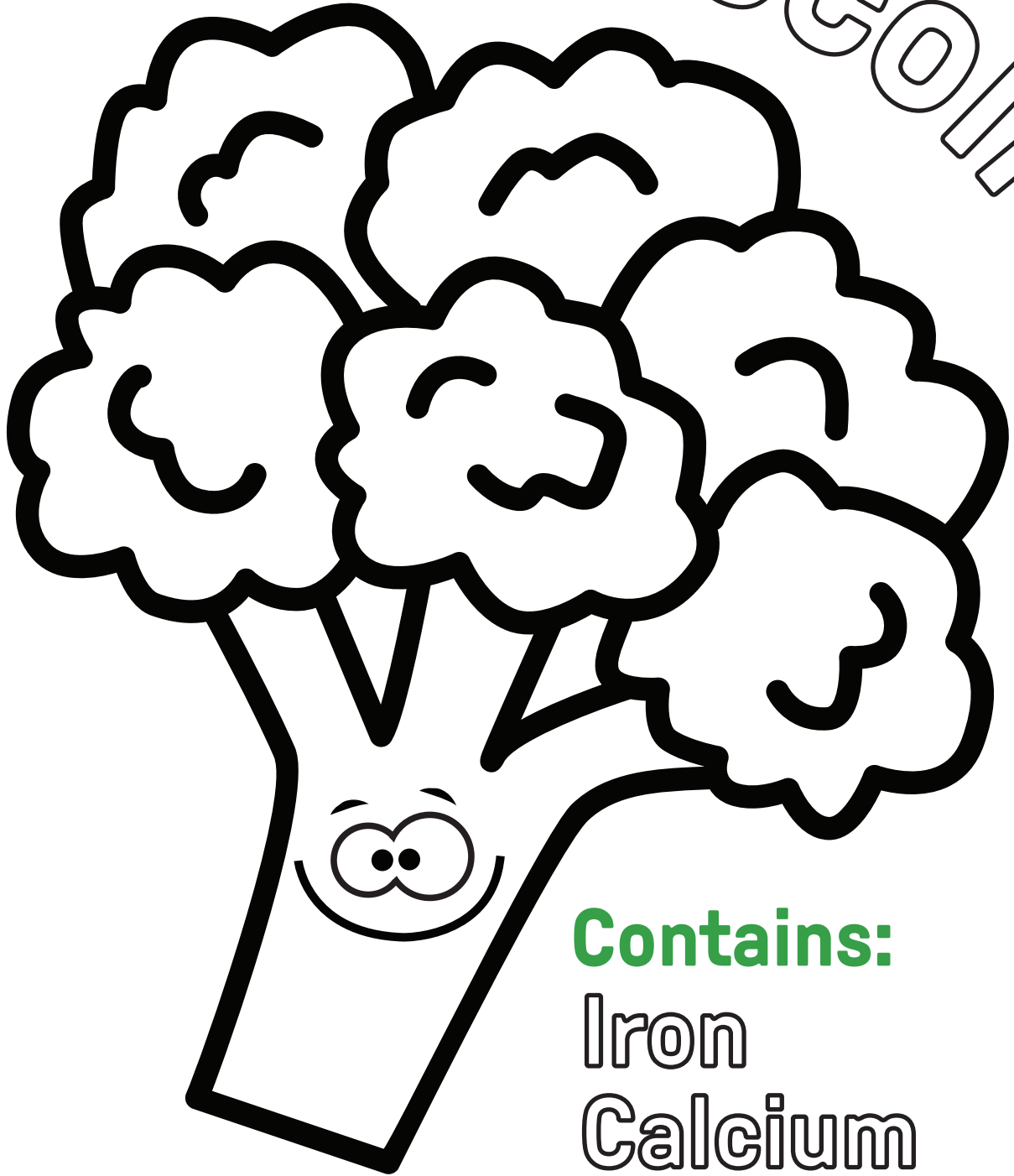
Colour Your Plate!

It's time to turn these garden goodies
into a rainbow of deliciousness.





Broccoli!



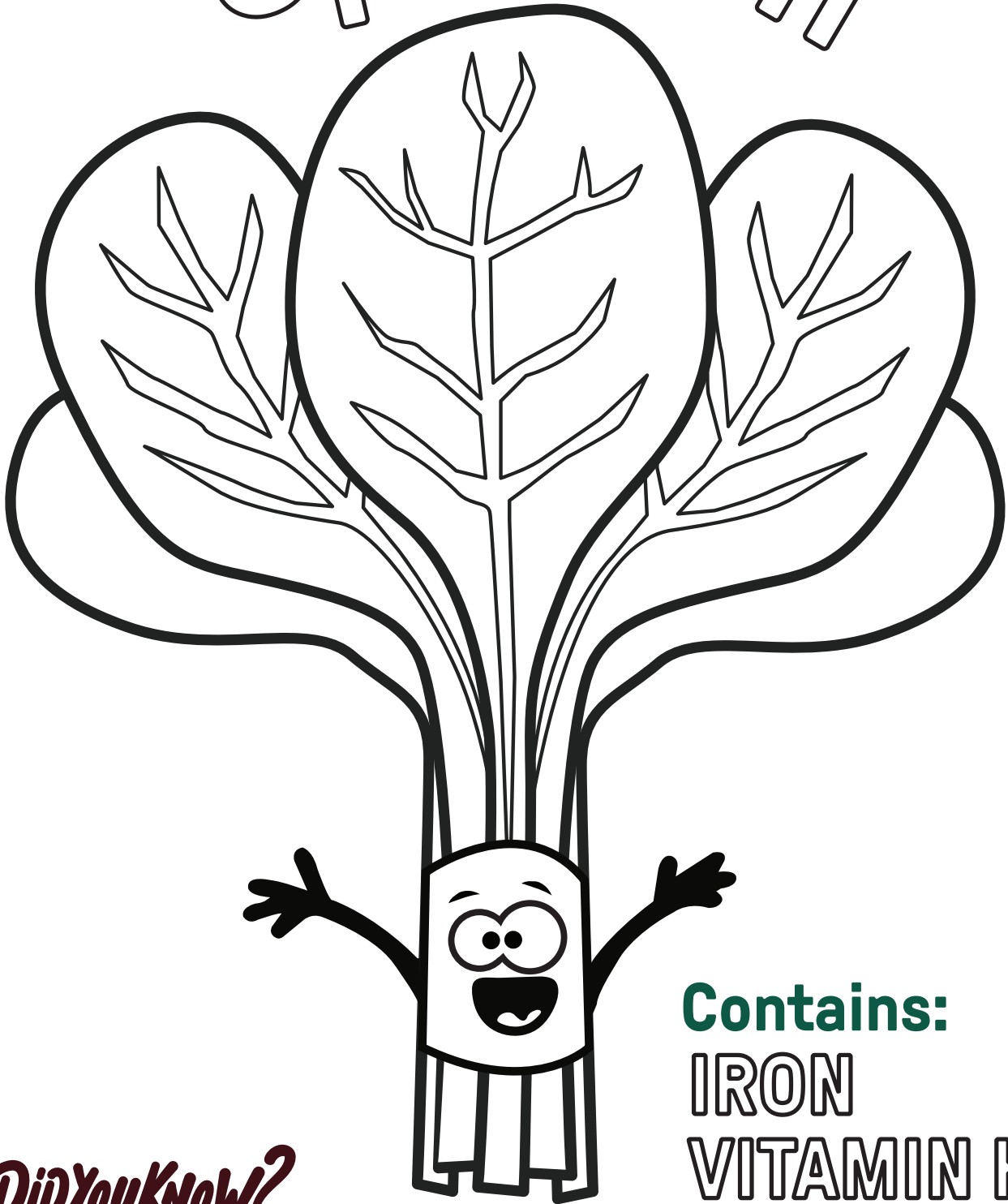
Contains:
Iron
Calcium

Did You Know?

BROCCOLI is both a vegetable and a flower.



Spinach



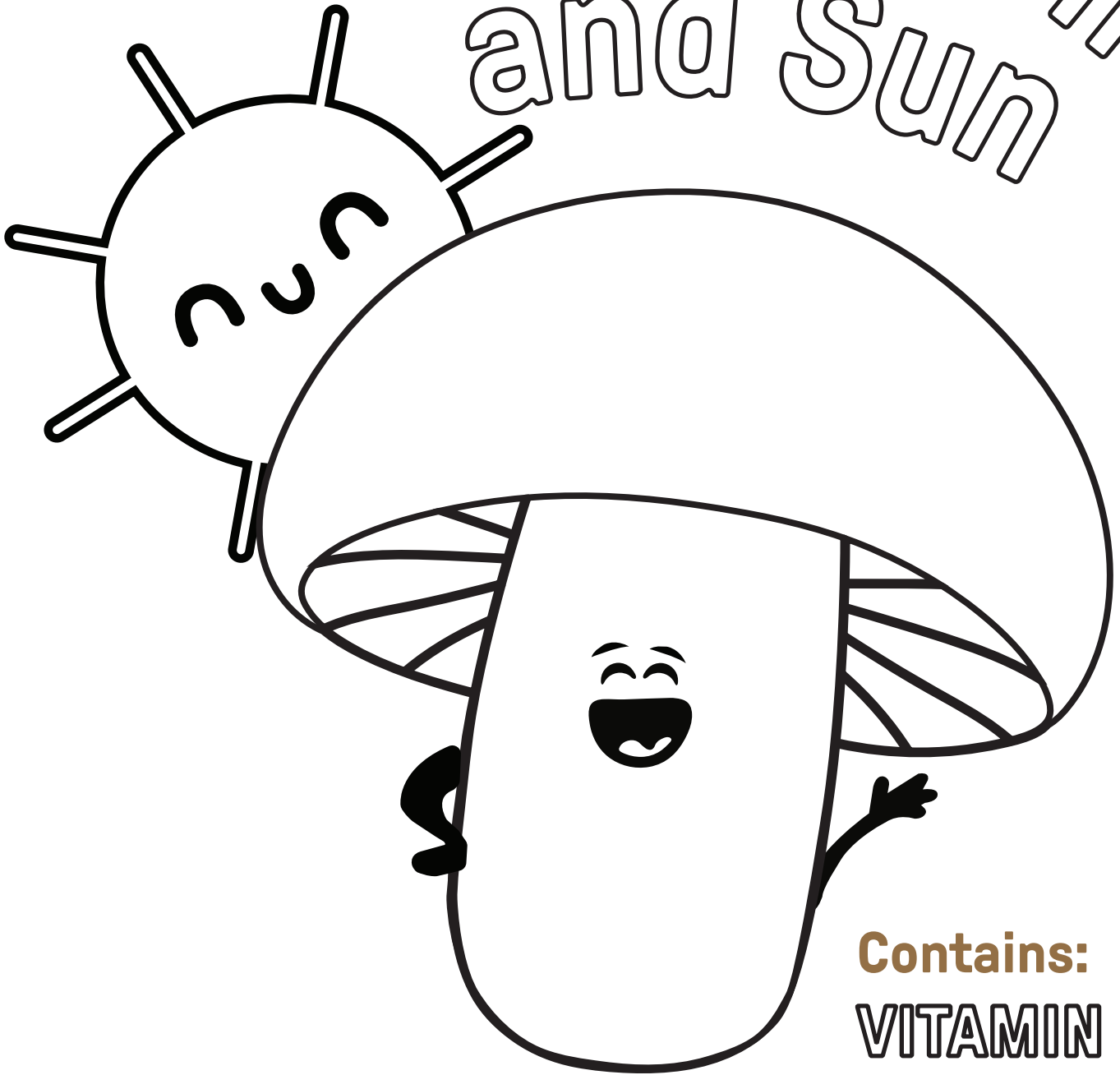
Contains:
IRON
VITAMIN K

Did You Know?

Frozen SPINACH can retain more nutrients than fresh SPINACH that's been sitting in the fridge for days. That's because it's flash-frozen shortly after harvest.



Mushroom and Sun



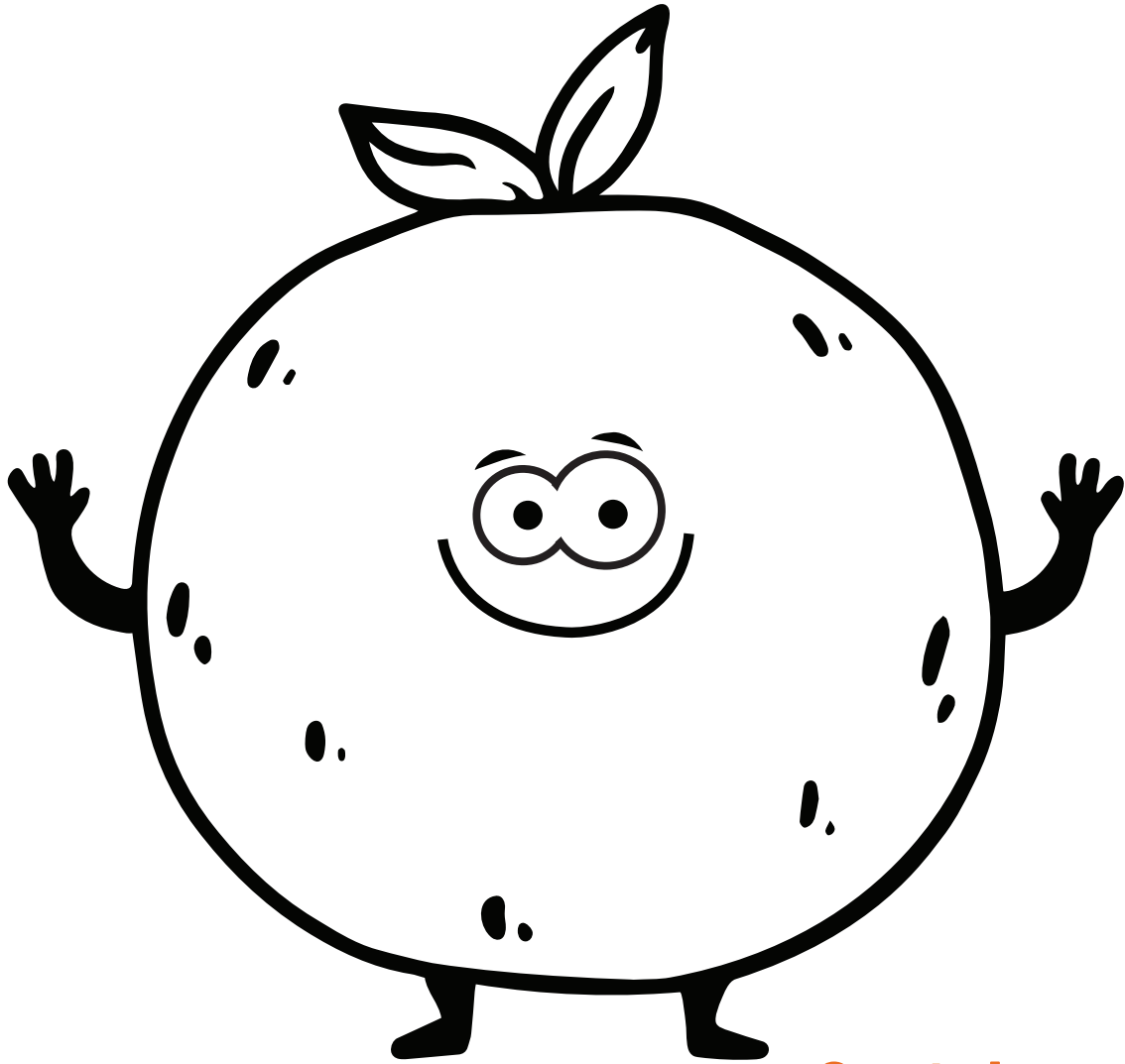
Contains:
VITAMIN D
B VITAMINS

Did You Know?

If you put MUSHROOMS out in the sun, it will increase their vitamin D content.



Orange



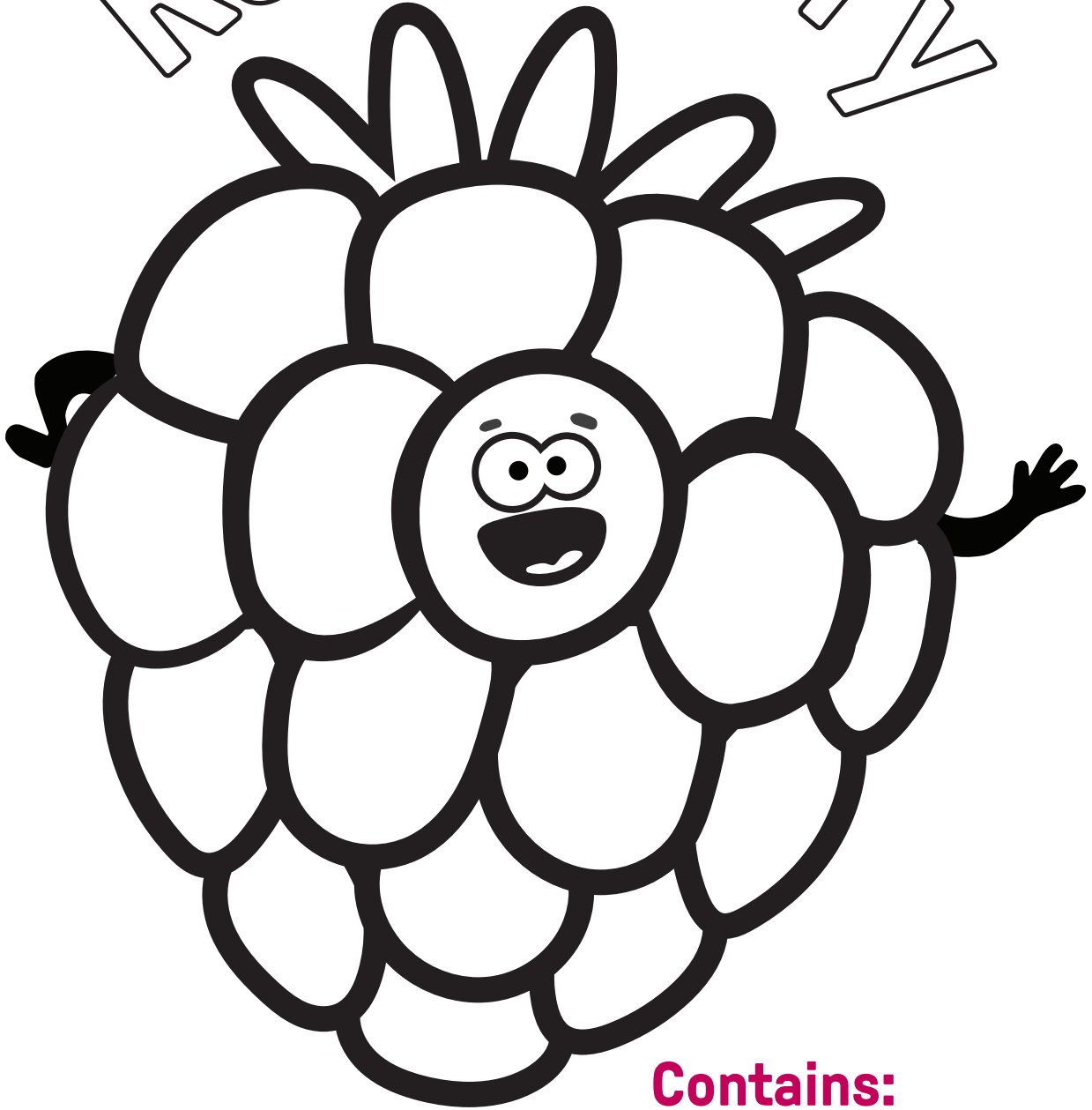
Contains:
VITAMIN C
POTASSIUM

Did You Know?

ORANGES can help your body absorb more iron. Thanks to their high vitamin C content, ORANGES can boost the absorption of non-heme iron (the kind found in plant-based foods). This makes them a great companion to iron-rich plant foods like spinach or lentils.



Raspberrry



Contains:
FIBRE
ANTIOXIDANTS

DidYouKnow?

RASPBERRIES have more fibre than most fruits! One cup has 8 grams of fibre, which is more than a cup of bran cereal!

Units of Measurement

tsp	teaspoon
tbs	tablespoon
g	grams
mL	millilitres
L	litres
cm	centimetres

Nutritional Information

Nutritional information provided in this cookbook is for general guidance only and may vary depending on the specific brands and ingredients used. Nutricia does not guarantee the accuracy of nutritional data and recommends consulting a dietitian for personalised dietary advice .



Product Use

The safety and nutritional integrity of toddler milk products are assured only when used in accordance with the instructions provided on the packaging. Recipes in this cookbook may involve preparation methods that differ from those listed on pack. Parents and caregivers are advised to consult the instructions on the packaging prior to recipe development to review how to correctly prepare, store and use the toddler milk product. Nutricia accepts no liability for any adverse reactions, including foodborne illness or nutrient degradation, resulting from deviation from on-pack instructions.



Food Safety

The recipes in this cookbook are intended for general informational purposes only and are not a substitute for professional dietary or medical advice. While every effort has been made to ensure the safety and accuracy of the recipes, the publisher does not guarantee the safety of any food prepared using these recipes if preparation, storage, or handling instructions are not strictly followed.

Parents and caregivers are responsible for ensuring that all ingredients are suitable for their child's age, developmental stage, and dietary needs, and that proper food safety practices are observed, including:

- Hygienic practices, such as thoroughly washing hands and using clean cookware and utensils
- Using fresh, high-quality ingredients
- Cooking foods to safe internal temperatures
- Avoiding cross-contamination
- Storing leftovers appropriately and consuming them within safe timeframes

The publisher accepts no liability for any adverse reactions, including foodborne illness, resulting from the use of these recipes. If you suspect a child has experienced an adverse reaction to any food, seek medical attention immediately.

All recipes are suitable for children from 12 months of age.



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Loved by parents & little tummies

Parenting is filled with moments – big and small – and we're here to make your journey a little easier, helping you give your little one the nutrition they truly deserve. Karicare Toddler Happy Tummies Cookbook was created with parents in mind – a collection of simple, wholesome recipes designed to be gentle on little tummies while nourishing healthy growth and development.

As we come to the end of our delicious journey together, we hope these pages have inspired you to see just how joyful and effortless mealtimes with your toddler can be. From the gentle comfort of Chicken Noodle Soup to the melt-in-your-mouth sweetness of Banana Choco Ice Cream, every dish is more than just a meal – it's a moment of connection, creativity, and care.

So go on – stir, mash, swirl, and sprinkle your way through the fun. Let your little one explore new textures, colours, and flavours, and soak up the giggles and grins that come with every bite. Because when food is made with love – and shared with joy – every mealtime becomes a celebration.

Here's to happy tummies, full hearts, and even happier toddlers!

