

## Enjoy These *Delicious* Kate Farms Recipes

These recipes are based on a Kate Farms formula with the addition of widely available wholesome ingredients. While nutrient-dense, these recipes contain none of the most common allergens.



### Kale Avocado

- 1 tsp vanilla extract
- 1 handful kale
- ½ cup frozen pineapple chunks
- ½ cup ripe avocado
- ½ cup sliced green apple (with skin)
- optional: ½ cup ice
- 1 carton Kate Farms formula



### Blueberry Veggie

- ½ cup blueberries
- ¾ cup peeled zucchini
- 1 handful spinach
- ½ cup uncooked oats
- 1 tbsp hemp seeds
- optional: ½ cup ice
- 1 carton Kate Farms formula



### Berry Green

- ½ cup whole raspberries
- 2 tbsp whole blueberries
- 4 whole strawberries, sliced
- 1 handful spinach
- 1 handful kale
- ½ banana
- 1 carton Kate Farms formula



### Gingerbread Cookie

- 4 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground ginger
- ½ tsp ground cloves
- 2 tsp vanilla extract
- optional: ½ cup ice
- 1 carton Kate Farms formula

**Directions:**  
Add ingredients to blender. Pulse until completely blended.

	kcal / g protein	kcal / g protein	kcal / g protein	kcal / g protein
Base recipe without formula	443 / 12	340 / 13	120 / 1.5	71 / 0.5
Recipe with:				
<b>Pediatric Standard 1.2 - Vanilla</b>	743 / 24	640 / 25	420 / 13.5	371 / 12.5
<b>Pediatric Peptide 1.0 - Vanilla</b>	693 / 21	590 / 22	370 / 10.5	321 / 9.5
<b>Pediatric Peptide 1.5 - Vanilla</b>	818 / 25	715 / 26	495 / 14.5	446 / 13.5
<b>Standard 1.0 - Vanilla/Chocolate</b>	768 / 28	665 / 29	445 / 17.5	396 / 16.5
<b>Standard 1.4 - Vanilla/Plain</b>	898 / 32	795 / 33	575 / 21.5	526 / 20.5
<b>Peptide 1.5 - Plain</b>	943 / 36	840 / 37	620 / 25.5	571 / 24.5



### Chai Spice

1/8 tsp each: ground nutmeg, cloves, cinnamon  
 1/2 tsp ground cardamom  
 1 small pinch black pepper  
 1/2 tsp fresh, finely chopped ginger  
*optional: 1 cup ice*  
*optional: 1 cup brewed black tea*  
 1 carton Kate Farms formula



### SunButter Cup

4 tbsp SunButter  
 1/2 cup ripe avocado  
 1 tbsp hemp seeds  
 1 medium banana  
 chocolate (*see options to right*)  
*optional: 1/2 cup ice*  
 1 carton Kate Farms formula



### Chocolate Orange Zest

2 tbsp orange juice  
 zest of 1/2 orange  
 1 handful spinach  
 chocolate (*see options to right*)  
*optional: 1 cup ice*  
 1 carton Kate Farms formula

For chocolate flavor, when using a plain or vanilla formula, try adding any of these:

**Unsweetened cocoa powder\***  
 Add 1 tbsp mixed into 3 tbsp warm water before adding to formula.

+ 12 kcal / 1 g protein

**Ghirardelli Sweet Ground Cocoa\***

Add 1 tbsp to formula.

+ 35 kcal / 0.5 g protein

**HERSHEY'S Simply 5 Syrup\***

Add 1 tbsp to formula.

+45 kcal / 0 g protein

	<i>kcal / g protein</i>	<i>kcal / g protein</i>	<i>kcal / g protein</i>
Base recipe without formula	negligible	704 / 34	21 / 1
Recipe with:			
<b>Pediatric Standard 1.2 - Vanilla</b>	300 / 12	1004 / 46	321 / 13
<b>Pediatric Peptide 1.0 - Vanilla</b>	250 / 9	954 / 43	271 / 10
<b>Pediatric Peptide 1.5 - Vanilla</b>	375 / 13	1079 / 47	396 / 14
<b>Standard 1.0 - Vanilla/Chocolate</b>	325 / 16	1029 / 50	346 / 17
<b>Standard 1.4 - Vanilla/Plain</b>	455 / 20	1159 / 54	476 / 21
<b>Peptide 1.5 - Plain</b>	500 / 24	1204 / 58	521 / 25

\* Check manufacturer's product label for possible allergens.