



## Recipes Your Kids Are Sure to Love

### Hot Cocoa

1 8-fl-oz bottle  
Chocolate PediaSure®

1 tablespoon  
chocolate syrup

2 tablespoons  
mini-marshmallows

Combine PediaSure and chocolate syrup in a pan. Heat on stove until hot but not boiling. Pour into a cup. Garnish with mini-marshmallows.

*Makes 1 serving*

### Banana Shake

1 8-fl-oz bottle Vanilla,  
Strawberry, or Banana  
Cream PediaSure, chilled

1 medium banana

In a blender, blend PediaSure and banana on high speed until smooth. Serve chilled or freeze until slushy, 45 minutes to an hour. Eat with spoon.

*Makes 1 serving*



### Waffles and Pancakes

2 cups Bisquick® or other  
baking powder biscuit mix

1-1/2 cups Vanilla  
PediaSure or PediaSure  
with Fiber

1 large egg\*

2 tablespoons canola oil\*

\*Add an additional egg  
and omit oil for pancakes.

**Waffles:** Combine ingredients in a mixing bowl with a wire whisk or hand mixer until well blended. Pour onto the center of a hot waffle iron. Bake until steaming stops and remove carefully.

**Pancakes:** Omit oil and add an additional egg. In a mixing bowl, stir together all ingredients. Pour about 1/4 cup batter onto hot, lightly greased griddle or heavy skillet. Cook until pancakes are golden brown, turning to cook second side when pancakes have bubbly surfaces and slightly dry edges.

*Makes 6 servings (2 waffles  
per serving) or 8 servings  
(2 pancakes per serving)*

### Banana-Chip Muffins

1 14-oz package Pillsbury®  
Banana Quick Bread &  
Muffin Mix

1 8-fl-oz bottle Vanilla  
or Banana Cream  
PediaSure

1/2 cup vegetable oil

2 large eggs

1/2 cup miniature  
chocolate chips

Preheat oven to 400°F. Use paper baking liners for the muffin pan. Combine bread mix, PediaSure, oil, and eggs. Beat 50 to 75 strokes until mix is moistened. It will look lumpy. Fill muffin liners 3/4 full. Top muffins with chocolate chips. Bake for 15 to 25 minutes or until toothpick inserted in the center comes out clean.

Cool pan on a rack for 5 minutes. Remove the muffins. Serve warm or cooled to room temperature.

*Makes 12 muffins*

### Orange Pops

2 8-fl-oz bottles Vanilla  
PediaSure, chilled

1 envelope Dream Whip®  
whipped topping mix

1 package vanilla  
instant pudding

1/2 cup frozen orange  
juice concentrate

Combine 1/2 cup PediaSure and the package of Dream Whip in a bowl. Beat on high speed using an electric mixer for about 4 minutes or until topping thickens and forms peaks. Set aside. In a separate bowl, combine the remaining PediaSure and the pudding mix. Beat on the lowest speed of the mixer until well blended, about 1 minute.

Blend the whipped topping mixture and the orange juice concentrate with the pudding mixture. Spoon mixture into eight 4-oz paper cups. Put a wooden craft stick in the center of each cup for a handle. Freeze until firm, about 4 hours.

*Makes 8 pops*

If you want your child to get more fiber, use PediaSure with Fiber in any of these recipes.

