

### **PediaSmart® Oatmeal**

- 7 oz. water
- ½ cup PediaSmart® Vanilla
- ½ cup oatmeal

### **Directions:**

1. Prepare an 8 oz. serving of PediaSmart® Vanilla.
2. Add the mixture to ½ cup oatmeal and microwave for 2 minutes, stirring in 1 minute intervals.
3. You can add fresh fruit or honey to the top for added nutrients and flavor.

### **Calorie Booster**

For children with a need for additional calories, prepare as directed above and add 1/3 cup whole milk.

### **Fruit Smoothie**

Using an electric blender, add the following ingredients:

- 6 fl oz water
- 4 frozen strawberries
- 12 frozen blueberries
- ½ ripe banana
- ¼ cup PediaSmart® Vanilla

Blend ingredients until smooth. Makes approximately 11 fl oz.