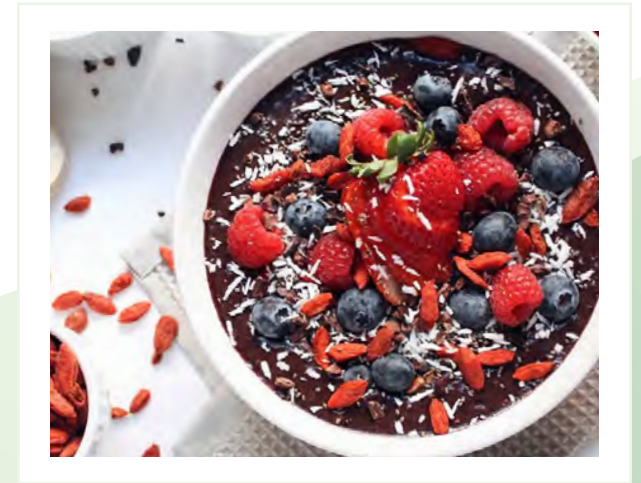


Essentially Better *Recipe Book*





Natural Ingredients, Better Nutrition

- No corn or soy ingredients
- Low FODMAP ingredients
- Vitamin K2 to Support Bone Health



Familiar Taste, Better Price

- Same Nutritional Profile as EleCare Jr[®]
- Great Familiar Taste
- Priced at least 25% less than EleCare Jr[®] or Neocate Junior[®]



Essentially Better Formulas

EquaCare Jr and **Essential Care Jr** are formulated specifically to offer better choices of amino acid formulas.

- Insurance coverage may be available.
-  **CAMBROOKEcare**, a coverage assistance program offered through Ajinomoto Cambrooke, Inc. provides medical formula and food coverage support for people with severe protein allergy, eosinophilic gastrointestinal issues, and other gastrointestinal disorders where medical nutrition therapy is indicated. If insurance policy or state legislation provides reimbursement for medically necessary formula products, CAMBROOKEcare, can provide coverage support and direct billing.
- HCPCS code B4153 (Adult), B4161 (Pediatric)
- **Formula available for purchase at www.EssentiallyBetter.com**
- **Need samples contact us at 833 377 2773 or through a Clinic Representative.**

These recipes are developed to accommodate for multiple food allergic conditions; however, we recognize that some ingredients may not work for all patients. We encourage families to use substitutions to ensure a safe final product.

Recipes

Essential Care Jr. Acai Bowl

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 5 MINS

YIELDS: 1 SERVING

NUTRITION INFORMATION*

SERVING SIZE: 1 BOWL

SERVINGS PER RECIPE: 1

CALORIES: 209 KCAL

FAT: 17.9 G

CARBS: 40.2 G

PROTEIN: 8.2 G

INGREDIENTS

4 level and unpacked scoops of **Essential Care Jr. Vanilla** Hypoallergenic Formula

100 g frozen acai berries

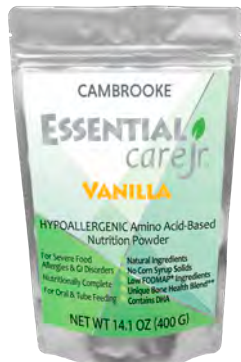
¾ cup dairy free yogurt

INSTRUCTIONS

1. Combine acai berries, yogurt alternative, and formula to blender. For a thicker consistency, do not thaw acai before mixing. For a more liquid consistency, thaw acai berries.
2. Pour into bowl and top with toppings of choice.

SUGGESTION: Top with allergy friendly granola, a crumbled protein bar, shredded coconut or fruit.

ENJOY!



*Nutrition information does not include toppings

**Recipe ingredients and estimated nutrition based on experimental recipe using So Delicious Coconut milk yogurt alternative and one frozen Sambazon Acai berries pouch.

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Recipes

Essential Care Jr. Blueberry Pancakes

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 10 MINS

YIELDS: 2 SERVINGS

ESTIMATED NUTRITION*

SERVING SIZE: 1 SERVING

SERVINGS PER RECIPE: 2

CALORIES: 347 KCAL

FAT: 12 G

CARBS: 53 G

PROTEIN: 6 G

INGREDIENTS

4 level and unpacked scoops of **Essential Care Jr. Unflavored, Vanilla or White Chocolate Hypoallergenic Formula**

½ cup gluten free pancake mix*

1 Tbs syrup

½ banana, mashed

1 Tbs vegetable oil

¼ cup + 2 Tbs milk alternative*
blueberries and syrup to serve

INSTRUCTIONS

1. Combine pancake mix and **Essential Care Jr.** together until combined.
2. Mash banana in medium bowl, then add the flour mixture gradually, stirring all the time.
3. Gradually add the milk, stirring/whisking all the time. Then add the syrup and mix until combined.
4. Heat vegetable oil in pan and make 3-4 small pancakes.
5. Flip after several minutes.
6. Serve with blueberries and extra syrup (optional).

NOTE: Heating of formula may affect some nutrient levels

ENJOY!



* Recipe ingredients and estimated nutrition based on experimental recipe using Bob's Red Mill Gluten Free Pancake Mix and Oatly Original Oat Milk

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Recipes

EquaCare Jr. Overnight Oats

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 10 MIN

YIELDS: 1 SERVINGS

NUTRITIONAL INFORMATION

SERVING SIZE: 1 SERVING

SERVINGS PER RECIPE: 1

CALORIES: 349 KCAL

FAT: 9 G

CARBS: 55 G

PROTEIN: 9.4 G

INGREDIENTS

2 level and unpacked scoops of **EquaCare Jr. Vanilla Hypoallergenic Formula**

¼ cup rolled oats*

¼ cup milk alternative*

¼ cup raspberries

¼ cup apple, grated

INSTRUCTIONS

1. Combine **EquaCare Jr.**, oats, milk and apple in a bowl. Cover and refrigerate overnight.

2. Top with raspberries in the morning.

ENJOY!



* Recipe ingredients and estimated nutrition based on experimental recipe using Bob's Red Mill Rolled Oats and Oatly Original Oat Milk

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Recipes

Essential Care Jr. Mashed Cauliflower

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 45 MINS

YIELDS: 1 SERVING

NUTRITION INFORMATION*

SERVING SIZE: 1½ CUPS

SERVINGS PER RECIPE: 1

CALORIES: 352 KCAL

FAT: 25.4 G

CARBS: 24.3 G

PROTEIN: 9.75 G

INGREDIENTS

4 level and unpacked scoops of **Essential Care Jr. Unflavored Hypoallergenic Formula**

1 cup cauliflower or safe vegetable of choice

⅓ cup milk alternative*

1 Tbs oil of choice or allergen friendly butter spread**

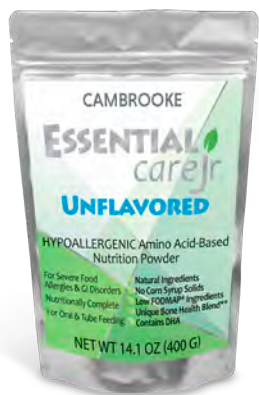
½ tsp garlic powder (optional)

salt and pepper to taste

INSTRUCTIONS

1. Steam cauliflower or safe vegetable of choice until soft. Let cool.
2. Add all remaining ingredients and mash until well combined.

ENJOY!



*Recipe ingredients and estimated nutrition based on experimental recipe using So Delicious Dairy Free Organic Coconut Milk Unsweetened

** Recipe ingredients and estimated nutrition based on experimental recipe using olive oil

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Recipes

Essential Care Jr. Peanut-Free Butter and Jelly Sandwich

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 5 MINS

YIELDS: 1 SERVING

NUTRITION INFORMATION*

SERVING SIZE: 1

SERVINGS PER RECIPE: 1

CALORIES: 441 KCAL

FAT: 11.4 G

CARBS: 45.9 G

PROTEIN: 11.3 G

INGREDIENTS

1 level and unpacked scoop of **Essential Care Jr. Unflavored Hypoallergenic Formula**

2 slices allergy friendly bread of choice*

1 Tbs seed butter or nut butter of choice*

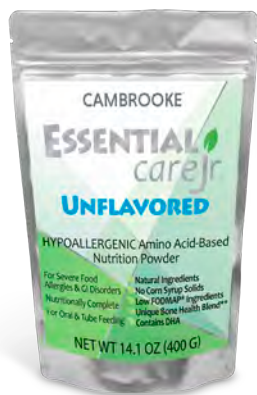
½ Tbs water

1 Tbs jam*

INSTRUCTIONS

1. Mix 1 Tbs nut butter or sun butter with 1 scoop **Essential Care Jr. Unflavored Hypoallergenic formula**. Thin by adding ½ Tbs water, stirring until desired consistency is reached. Spread on 1 slice of bread.
2. Add 1 Tbs jam to other slice of bread. Combine bread slices into a sandwich.

ENJOY!



*Recipe ingredients and estimated nutrition based on experimental recipe using Bfree Wheat & Gluten Free White Bread, SunButter No Sugar Added Sunflower Butter, and Bonne Maman Raspberry Preserves

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Recipes

Essential Care Jr. Pumpkin Soup

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 1 HR

YIELDS: 3 SERVINGS

NUTRITION INFORMATION*

SERVING SIZE: 12 OZ

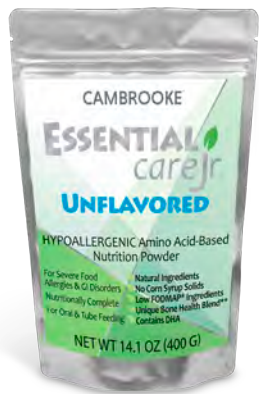
SERVINGS PER RECIPE: 3

CALORIES: 221 KCAL

FAT: 8.7 G

CARBS: 29.9 G

PROTEIN: 7.2 G



INGREDIENTS

9 level and unpacked scoops of **Essential Care Jr. Unflavored Hypoallergenic Formula**

1 tsp oil of choice*

½ red onion, diced

1 clove garlic, minced

1 tsp salt

1 tsp pepper

dash nutmeg

15 oz pumpkin, pureed

1½ cup vegetable broth

INSTRUCTIONS

1. Sauté diced onion and garlic in medium sized sauce pan over medium heat until onions have caramelized.
2. Add pureed pumpkin, vegetable broth, and seasonings. Bring to boil.
3. Remove from heat and cool.
4. When cool, blend soup mixture and formula until smooth.

SUGGESTION: For a smaller serving or for those with a small blender, blend 1¼ cups soup mixture and 3 scoops formula.

ENJOY!

*Recipe ingredients and estimated nutrition based on experimental recipe using olive oil

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Recipes

Essential Care Jr. Veggie Cakes

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 30 MINS

YIELDS: 7 SERVINGS

NUTRITION INFORMATION*

SERVING SIZE: 1

SERVINGS PER RECIPE: 7

CALORIES: 153 KCAL

FAT: 6.3 G

CARBS: 21 G

PROTEIN: 3 G

INGREDIENTS

3 level and unpacked scoops of **Essential Care Jr. Unflavored Hypoallergenic Formula**

1 small potato

1 stalk broccoli

2 Tbs oil of choice*

2 Tbs water

½ cup allergy friendly bread crumbs of choice**

1 egg equivalent replacement***

INSTRUCTIONS

1. Steam potato and broccoli until soft. Let cool.
2. Combine all ingredients into food processor and process until smooth. Add more water to aid mixing, if needed.
3. Shape into patties or other fun shape.
4. Serve as patties or pan fry if desired.

NOTE: Heating of formula may affect some nutrient levels

ENJOY!



*Recipe ingredients and estimated nutrition based on experimental recipe using olive oil

**Recipe ingredients and estimated nutrition based on experimental recipe using Aleia's Gluten-Free Plain Bread Crumbs

***Recipe ingredients and estimated nutrition based on experimental recipe using Bob's Red Mill Gluten Free Egg Replacer

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Recipes

Essential Care Jr. Buckeye Brownies

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 1 HR 30 MINS

YIELDS: 12 SERVINGS

NUTRITION INFORMATION*

SERVING SIZE: 1

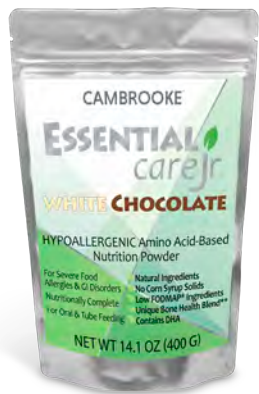
SERVINGS PER RECIPE: 12

CALORIES: 478 KCAL

FAT: 26 G

CARBS: 61 G

PROTEIN: 6 G



INGREDIENTS

7 level and unpacked scoops of **Essential Care Jr. White Chocolate Hypoallergenic Formula**

2 cups flour or flour alternative of choice

2 cups sugar

$\frac{3}{4}$ cup cocoa powder

1 tsp baking powder

1 tsp salt

1 cup water

1 cup oil

$\frac{1}{2}$ tsp vanilla extract

$\frac{1}{2}$ cup seed butter or nut butter of choice

INSTRUCTIONS

1. Preheat oven to 350 degrees. Lightly grease muffin pan or use liners.
2. In a mixing bowl, add flour or flour alternative of choice, sugar, cocoa powder, baking powder, and salt. Whisk together until combined.
3. Add water, oil, and vanilla into bowl and mix with whisk until well blended.
4. Pour into prepared muffin tin.
5. Bake 25-30 minutes, or until center comes out clean when inserted with a toothpick. Let cool for 1 hour, or until cool to the touch.
6. Combine seed or nut butter of choice with **Essential Care Jr.** formula. Mix until well combined.
7. Using a spatula, place formula and butter mixture into a quart sized plastic bag. Cut off one end corner.
8. Squeeze equal amounts of mixture as topping onto brownies.

ENJOY!

*Recipe ingredients and estimated nutrition based on experimental recipe using Bob's Red Mill Gluten Free 1 to 1 Baking Flour and SunButter Natural Sunflower Butter

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Recipes

Essential Care Jr. Creamy Lemonade

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 1 HR 10 MINS

YIELDS: 1 SERVING

NUTRITION INFORMATION*

SERVING SIZE: 9 OZ

SERVINGS PER RECIPE: 1

CALORIES: 287 KCAL

FAT: 14.4 G

CARBS: 29.3 G

PROTEIN: 11.12 G

INGREDIENTS

6 level and unpacked scoops of **Essential Care Jr. Unflavored Hypoallergenic Formula**

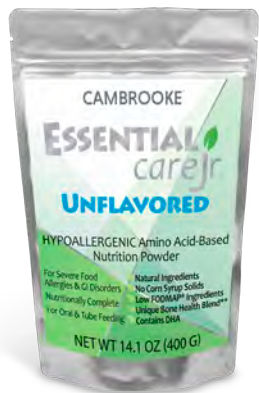
1 sachet True Lemon Lemonade drink mix,

7 oz water

INSTRUCTIONS

1. Combine water and 1 sachet of powdered lemonade drink mix in a blender. Blend until combined.
2. Place blender and contents in freezer. Freeze for 1 hour.
3. Remove blender and contents from freezer. Add formula and blend until combined.

ENJOY!



*Recipe ingredients and estimated nutrition based on experimental recipe using True Lemon Lemonade naturally flavored drink mix

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Recipes

Essential Care Jr. Mexican Horchata Shake

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 5 MIN
YIELDS: 1 SERVING

ESTIMATED NUTRITION*

SERVING SIZE: 1 SERVING
SERVINGS PER RECIPE: 1
CALORIES: 314 KCAL
FAT: 16.6 G
CARBS: 33.3 G
PROTEIN: 11.2 G

INGREDIENTS

4 level and unpacked scoops of **Essential Care Jr. Vanilla** Hypoallergenic Formula
2 oz of water
½ Tsp ground cinnamon
3 oz milk alternative*
⅓ dairy free vanilla ice cream*

* Recipe ingredients and estimated nutrition based on experimental recipe using Ripple Original Plant-Based Milk and So Delicious Oatmilk creamy vanilla bean non-dairy frozen dessert.

INSTRUCTIONS

1. Place milk alternative and dairy free ice cream in blender.
 2. Add in scoops of **Essential Care Jr. Vanilla** powder and ground cinnamon.
 3. Blend until you reach preferred thickness.
- ENJOY!

Quicker Version

PREP TIME: 2 MIN
YIELDS: 1 SERVING

NUTRITION INFORMATION

SERVING SIZE: 1 SERVING
SERVINGS PER RECIPE: 1
CALORIES: 185 KCAL
FAT: 9.9 G
CARBS: 18 G
PROTEIN: 7.7 G

INGREDIENTS

4 level and unpacked scoops of **Essential Care Jr. Vanilla** Hypoallergenic Formula
5 oz of water
½ Tsp ground cinnamon

INSTRUCTIONS

1. Prepare formula according to package instructions.
 2. Add ½ Tsp ground cinnamon and shake.
- ENJOY!

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Recipes

EquaCare Jr. Oreo Milkshake

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 5 MIN

YIELDS: 2 SERVINGS

ESTIMATED NUTRITION*

SERVING SIZE: 1 SERVING

SERVINGS PER RECIPE: 2

CALORIES: 447 KCAL

FAT: 21.6 G

CARBS: 57.4 G

PROTEIN: 6 G

INGREDIENTS

4 level and unpacked scoops of **EquaCare Jr. Vanilla Hypoallergenic Formula**

1 cup dairy free chocolate ice cream*

1 cup (240 mL) dairy free milk*

6 crushed gluten and dairy free oreo cookies*

OPTIONAL: Top with dairy free chocolate syrup, dairy free whipped topping, or dairy free mini chocolate chips*

INSTRUCTIONS

1. Place milk and ice cream in milkshake canister or blender.
2. Add in crushed oreo cookies and scoops of **EquaCare Jr.** powder.
3. Blend until you reach preferred thickness.
4. Pour into 2 glasses or cups and top with whipped topping, chocolate syrup, and mini chocolate chips.

ENJOY!



* Recipe ingredients and estimated nutrition based on experimental recipe using OATLY! Chocolate Ice Cream, Good & Gather Vanilla Oat Milk, Nabisco Gluten Free Oreo, and Enjoy Life Mini Chocolate Chips

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Recipes

Essential Care Jr. Peppermint Patty Shake

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 2 MINS

YIELDS: 1 SERVING

ESTIMATED NUTRITION*

SERVING SIZE: 1 SERVING

SERVINGS PER RECIPE: 1

CALORIES: 182 KCAL

FAT: 4.6 G

CARBS: 8.5 G

PROTEIN: 3.5 G

INGREDIENTS

3 level and unpacked scoops of **Essential Care Jr. Unflavored** Hypoallergenic Formula

1 level and unpacked scoop of **Essential Care Jr. White Chocolate** Hypoallergenic Formula

5 oz water

½ tsp peppermint baking extract

INSTRUCTIONS

1. Prepare formula according to package instructions by mixing formula powder and water.
2. Add peppermint extract and mix well.
3. Serve Chilled.

FUN ALTERNATIVE: Sprinkle crushed peppermint on top.*

ENJOY!



*Peppermint candy can be a choking hazard for small children. Please consult your healthcare provider to determine if the products, ingredients, and textures in this recipe are appropriate for your child.

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Recipes

Essential Care Jr. Pumpkin Pie Smoothie

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 5 MINS

YIELDS: 1 SERVING

NUTRITION INFORMATION*

SERVING SIZE: 13 FL OZ

SERVINGS PER RECIPE: 1

CALORIES: 350 KCAL

FAT: 18 G

CARBS: 36.6 G

PROTEIN: 11.8 G

INGREDIENTS

6 level and unpacked scoops of **Essential Care Jr. Vanilla Hypoallergenic Formula**

7 oz milk alternative*

½ cup pumpkin puree

1 Tbs ground cinnamon or pumpkin pie spice

INSTRUCTIONS

1. Add all ingredients to blender. Mix until well combined.

ENJOY!



*Recipe ingredients and estimated nutrition based on experimental recipe using So Delicious Dairy Free Organic Coconut Milk Unsweetened

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Recipes

Essential Care Jr. Strawberry & Banana Smoothie

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 5 MINS

YIELDS: 2 SERVINGS

ESTIMATED NUTRITION*

SERVING SIZE: 1 SERVING

SERVINGS PER RECIPE: 2

CALORIES: 367 KCAL

FAT: 15 G

CARBS: 49 G

PROTEIN: 11 G

INGREDIENTS

4 level and unpacked scoops of
**Essential Care Jr. Unflavored or
Vanilla Hypoallergenic Formula**

½ frozen banana

4 strawberries

1 cup milk alternative*

extra water if needed

INSTRUCTIONS

1. Blend all ingredients in together.

ENJOY!



* Recipe ingredients and estimated nutrition based on experimental recipe using Oatly Original Oat Milk

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Recipes

Essential Care Jr. Citrus Creamsicle

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 5 MINS
(4 HOURS TOTAL
INCLUDING FREEZE TIME)

YIELDS: 8 SERVINGS**

ESTIMATED NUTRITION*

SERVING SIZE: 1 SERVING

SERVINGS PER RECIPE: 8**

CALORIES: 55.2 KCAL

FAT: 2.7 G

CARBS: 7.5 G

PROTEIN: 1.3 G

INGREDIENTS

5 level and unpacked scoops
of **Essential Care Jr. Citrus**
Hypoallergenic Formula (45.5 g)

6 oz of water

$\frac{2}{3}$ cup dairy free vanilla ice cream*

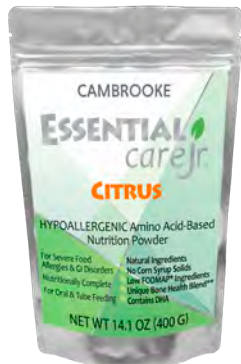
$\frac{2}{3}$ cup frozen peaches

1 mandarin orange, peeled

INSTRUCTIONS

1. Add all ingredients to a blender. Mix until well combined.
2. Pour into popsicle mold of choice. Freeze until solid, about 4 hours.

ENJOY!



* Recipe ingredients and estimated nutrition based on experimental recipe using So Delicious Oatmilk creamy vanilla bean non-dairy frozen dessert.

** Servings may vary depending on type of popsicle mold used.

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Recipes

Essentially Better Red, White, and Blue Popsicle

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 15 MIN
(~ 6 HOURS TOTAL
INCLUDING FREEZE TIME)

YIELDS: 6 SERVINGS*

ESTIMATED NUTRITION*

SERVING SIZE: 1 SERVING

SERVINGS PER RECIPE: 6*

CALORIES: 62

FAT: 2.2 G

CARBS: 9.2 G

PROTEIN: 1.9 G

INGREDIENTS

4 scoops of **Essential Care Jr.**
or **EquaCare Jr.**

Vanilla or **Unflavored**

Hypoallergenic Formula

5 oz of water

1 cup fresh or frozen strawberries
or raspberries, blended

1 cup fresh or frozen
blueberries, blended

INSTRUCTIONS

1. Add red fruit option to blender and blend. You may need to add a small amount of water to reach puree consistency. Set puree aside and rinse blender.
2. Repeat step 1 with blueberries. Store fruit purees in refrigerator until needed.
3. Mix formula: 5 oz of water with 4 scoops of **Essential Care Jr.** or **EquaCare Jr.** powder. Stir or shake to mix and store in refrigerator until needed.
4. To layer popsicle, pour in blueberry puree and place in freezer to set.
5. Once blueberry layer is set, add layer of formula on top, place popsicle stick in, and allow to set.
6. Once layer is set, add strawberry or raspberry layer.
7. Repeat as many times as needed to fill popsicle mold and create stripe pattern.
8. Freeze until solid.

ENJOY!

* Servings may vary depending on type of popsicle mold used.

** Recipe ingredients and estimated nutrition based on experimental recipe.

We used 3 scoops Essential Care Jr. Unflavored + 1 scoop Vanilla + 5 oz of water



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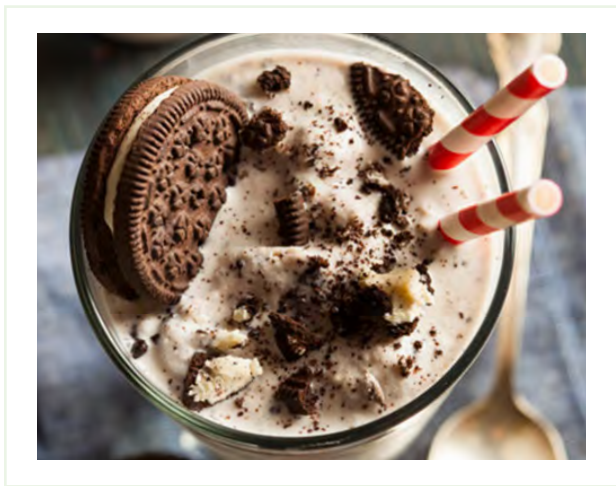
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Questions? Contact the team at NutritionSupport@Cambrooke.com