



# Vitafos<sup>®</sup>

## My recipe book



This book belongs to:

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# Banana, date and vanilla ice cream

## PREPARATION

 10 min.

## FREEZE

 2 to 3 hours

## SKILL LEVEL

 Easy

## Ingredients

(1 serving):

1 frozen banana

2 dates

20 ml of whole milk

56 g of **Vitafos®** vanilla  
(4 scoops)

10 g of dark chocolate

## Preparation:

**For the frozen banana:**

Peel and cut the banana into pieces. Place in a covered container and freeze.

**To prepare the ice cream:**

- 1 Add the frozen banana, dates, milk and 4 scoops of **Vitafos®** into the blender.
- 2 Blend until smooth.
- 3 Serve and add the grated or chopped dark chocolate as a topping.



## Nutritional value (per serving)

Energetic value: 514,6 Kcal  
Proteins: 11,2 g  
Carbohydrates: 83,2 g  
Fat: 14,2 g



So TASTY!

## Vitafos®

This ice cream is a healthy and delicious option to enjoy at any time.

With fiber thanks to the dates and banana, it also provides energy without any added sugars. **Vitafos®** vanilla adds extra protein and other essential nutrients, making it a nutritious and balanced dessert.

The combination of banana and dates creates a creamy texture and a sweet flavor that combines perfectly with the vanilla and dark chocolate touch. Enjoy!




# Vanilla-chocolate mousse

## PREPARATION

 10 min.

## REFRIGERATE

 1 hour minimum

## SKILL LEVEL

 Medium



### Nutritional value (per serving)

**Energetic value:** 448,8 Kcal  
**Proteins:** 32 g  
**Carbohydrates:** 79,5 g  
**Fat:** 11,5 g



## Ingredients

(1 serving):

- 1 egg white
- 2 tablespoons of bitter cocoa powder
- 1 leaf of plain gelatin
- 3 dates
- Some water
- 56 g of **Vitafos**® vanilla (4 scoops)

## Preparation:

- 1 In a bowl, beat the egg whites until stiff.
- 2 In a bowl, add the dates, cocoa, 4 scoops of **Vitafos**® vanilla and 5 tablespoons of water. Stir well until obtaining a fine mixture.
- 3 Pour cold water into a small bowl and add the gelatin leaf. Allow the gelatin to soften for approximately 5 minutes.
- 4 Remove the gelatin leaf and place it in a bowl with 5 tablespoons of water. Heat in the microwave for approximately 1 minute, until completely dissolved.
- 5 Stir the dissolved gelatin well and add to the previously mixed cocoa, **Vitafos**® and dates mixture. Mix well.
- 6 Add the beaten egg white to the mixture, fold in carefully, using circular movements with a kitchen spatula.
- 7 Place the mixture in a serving container and let it rest in the refrigerator for 1 hour before serving.



## Vitafos®

This mousse is a delicious and nutritious option, rich in protein thanks to the egg white and the use of **Vitafos**®. The dates also provide a natural sweetness and fibre.

Using good quality dates ensures a smooth texture and a naturally sweet flavour.

Allowing the mousse to rest in the fridge is essential for it to get the right consistency and for all the flavours to blend together.


You may decorate with grated chocolate chips, red berries or any topping that your kid loves.

# Banana and vanilla oat pancakes

## PREPARATION

 10 min.

## COOKING TIME

 10 min.

## SKILL LEVEL

 Easy



iYUMMY!



## Ingredients

(1 serving):

1 ripe banana

25 ml of oat drink

1 egg

1 tablespoon of sunflower oil

48 g of oat flour (4 tablespoons)

56 g of Vitafos® vanilla (4 scoops)

## Preparation:

- 1 Mash the banana with a fork. Set aside.
- 2 In a bowl, mix the oat flour, Vitafos® vainilla, egg and oat drink with a fork.
- 3 Add the mashed banana and stir until you get a homogeneous dough.
- 4 Heat and grease a frying pan with a little sunflower oil.  
Add a small spoonful of batter to form a pancake and cook on each side for 2-3 minutes or until golden. Repeat the process until you finish the batter.
- 5
- 6 Serve the pancakes with options such as: slices or pieces of fresh fruit, grated or melted chocolate, a drizzle of honey, etc...



## Vitafos®

These pancakes are a healthy and nutritious option, ideal for a balanced breakfast or snack. Oats contain soluble fiber. In addition, they are a good source of B vitamins and minerals such as iron and magnesium, which are important for energy metabolism and muscle function.

Use a very ripe banana to ensure a sweeter flavor and to make it easier to integrate into the batter.

## Nutritional value (per serving)

Energetic value: 719,3 Kcal  
Proteins: 20,5 g  
Carbohydrates: 88 g  
Fat: 26,7 g

# Chicken with vanilla and coconut sauce

## PREPARATION

 10 min.

## COOKING TIME

 15 min.

## SKILL LEVEL

 Easy

DELICIOUS!



## Nutritional value (per serving)

Energetic value: 799,7 Kcal  
Proteins: 42,1 g  
Carbohydrates: 70,4 g  
Fat: 38,5 g

## Ingredients

(1 serving):

130 g of chicken  
(breast or tenderloins)

80 g of onion

45 g of coconut milk

30 g of soy sauce

100 g of boiled rice /  
pasta (garnish)

2 tablespoons of oil

56 g of Vitafos® vanilla  
(4 scoops)

## Preparation:

- 1 Cut the onion into thin slices and fry it in a pan with 1 tablespoon of oil until golden.
- 2 Add the rest of the oil and the chopped chicken. Sauté until cooked.
- 3 While the chicken is in the pan, in a glass, mix the coconut milk, soy sauce and the 4 Vitafos® vanilla scoops. Mix well and set aside.
- 4 When the chicken is ready and golden colour, add the coconut and vanilla mixture to the pan and cook for 1 more minute, making sure the sauce thickens slightly.
- 5 Serve the chicken with its sauce accompanied by rice or any other side dish of your choice.

## Vitafos®



This recipe is a good source of protein thanks to the chicken and the use of Vitafos®. Proteins are essential for muscle growth, development and strengthening the immune system in children.

The coconut milk used in this recipe provides a creamy texture and a smooth flavour that perfectly complements the hint of vanilla in Vitafos®. Combined with vegetables, either cooked or raw, this recipe becomes a complete meal. The rice side dish can easily be replaced by pasta, boiled potatoes, sweet potatoes or other options that pair perfectly with the delicious coconut and vanilla sauce.





# Chocolate homemade spread sandwich

## PREPARATION



10 min.

## COOKING TIME



1-2 min.

## SKILL LEVEL



Easy

## Ingredients

(1 serving):

2 slices of bread

70 g of chocolate for melting

30 ml of whole milk

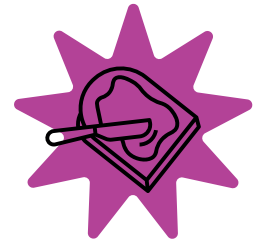
56 g of **Vitafos®** vanilla (4 scoops)

## Preparation:

- 1 Cut the chocolate into small pieces and place them in a microwave-safe bowl. Heat at medium power for 1 minute and stir well until completely melted. If necessary, repeat the process, being careful not to overheat/burn the chocolate.
- 2 In a glass, mix the 4 scoops of **Vitafos®** with 30 ml of milk.
- 3 Once the chocolate is completely melted, gradually add the milk and **Vitafos®** mixture, mixing until you obtain a homogeneous cream.
- 4 Spread the cocoa and vanilla cream on the slices of bread to finish the sandwich.



## Vitafos®



You can also enjoy this delicious homemade spread as a dip. To do this, serve it in a bowl and eat it with breadsticks, pancakes, apple strips, strawberries, etc.

AMAZING!!!

## Nutritional value (per serving)

Energetic value: 780,5 Kcal

Proteins: 12,3 g

Carbohydrates: 106 g

Fat: 31,7 g

# Mango and orange drink with vanilla

## PREPARATION

 5 min.

## COOKING TIME

 0 min.

## SKILL LEVEL

 Easy



SUPER  
TASTY!



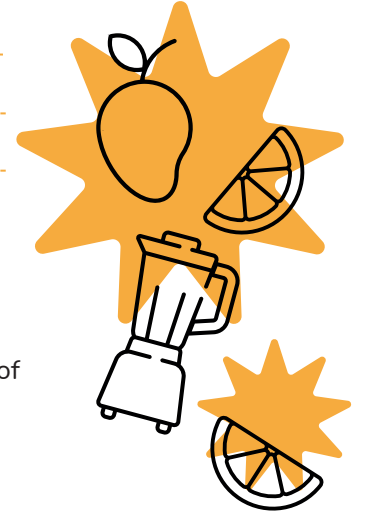
## Ingredients

(1 serving):

50 g of frozen mango

2 oranges

56 g of **Vitafos**® vanilla (4 scoops)



## Preparation:

- 1 Peel the oranges and put them in a blender along with the frozen mango and 4 scoops of **Vitafos**®. Blend well until you get a smooth mixture.
- 2 Serve.

## Vitafos®

These mango and orange cups with vanilla are a nutritious option for children. They are rich in vitamins C and A, essential for strengthening the immune system and promoting healthy vision. They also contain fiber, which is beneficial for digestion, and antioxidants that protect the body's cells. The recipe uses **Vitafos**® vanilla flavor, which not only improves the flavor, but also provides proteins and other essential nutrients to support children's growth and development in a balanced way.

The combination of the citrus freshness of oranges with the tropical flavor of mango creates a refreshing and healthy dessert.

## Nutritional value (per serving)

Energetic value: 423,8 Kcal  
Proteins: 10,8 g  
Carbohydrates: 70,9 g  
Fat: 9,2 g



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