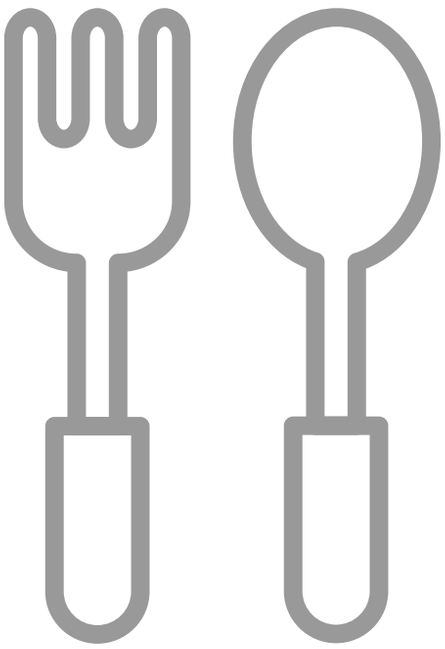
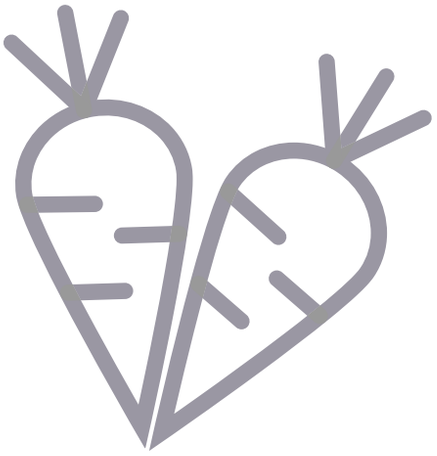
BREAST MILK RECIPE BOOK



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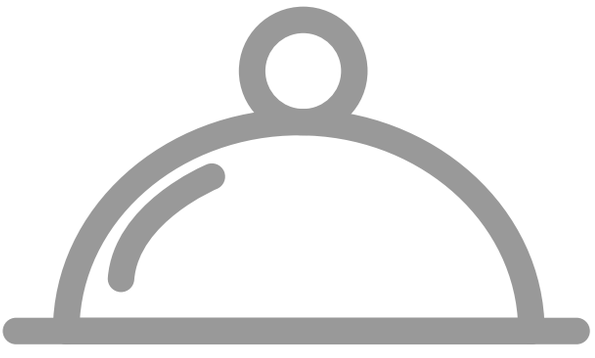
CHICKEN & CARROT PURÉE WITH BREAST MILK

INGREDIENTS

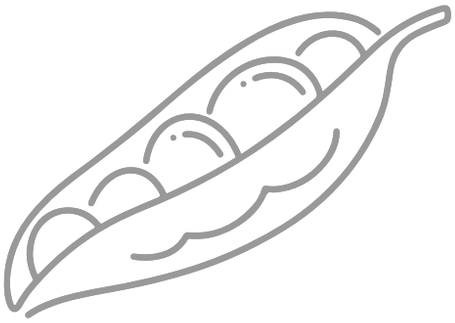
- 30 g chicken breast;
- 50 g carrots;
- 50 g potatoes;
- 80 ml breast milk.

METHOD

- Wash and peel the carrots and potatoes
- Cut the vegetables and chicken into small cubes
- Steam until cooked through
- Blend with the breast milk until smooth



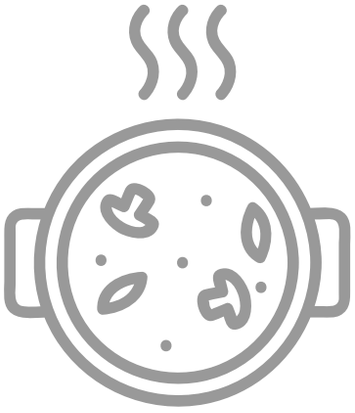
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WHITE FISH AND PEA PURÉE WITH BREAST MILK

INGREDIENTS

- 30 g white fish fillet;
- 20 g peas;
- 110 g potatoes;
- 50 mL breast milk.



METHOD

- Wash and peel the vegetables
- Cut the fish and vegetables into small cubes
- Steam until cooked through
- Blend with the breast milk until smooth

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CREAMY PUMPKIN SOUP WITH BREAST MILK

INGREDIENTS

- 120 g pumpkin;
- 1 small carrot;
- 1/2 onion (optional);
- 150 ml water;
- 250 ml breast milk;
- 1 teaspoon olive oil.



METHOD

- Peel and dice the vegetables
- Place the olive oil, vegetables, water and breast milk into a saucepan
- Cover and cook over medium heat for about 30 minutes
- Remove the vegetables with a slotted spoon and blend until smooth
- Gradually add the cooking liquid until you reach the desired consistency

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CREAMY BROCCOLI SOUP WITH BREAST MILK

INGREDIENTS

- 120g de brocolis (bouquets);
- 1 small potato;
- 150 ml water;
- 250 ml breast milk;
- 1 teaspoon olive oil.



METHOD

- Peel and dice the vegetables
- Pour the olive oil into a saucepan, then add the vegetables, water and breast milk
- Cover and cook for about 30 minutes
- Remove the vegetables with a slotted spoon and blend until smooth
- Gradually add the cooking liquid until you reach the desired consistency

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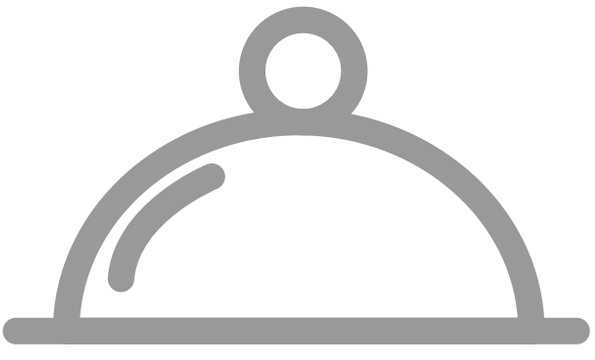
RICE PUDDING

INGREDIENTS

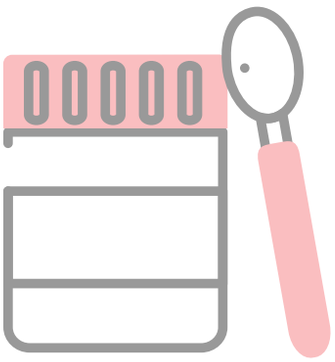
- 200 mL breast milk;
- 60 g cornflour (cornstarch);
- 60 g short-grain rice.

METHOD

- Partially cook the rice until it begins to soften
- Mix the cornflour with the breast milk
- Add the rice and cook over medium heat
- Stir regularly to prevent the mixture from boiling
- Remove from the heat once the rice is soft and tender



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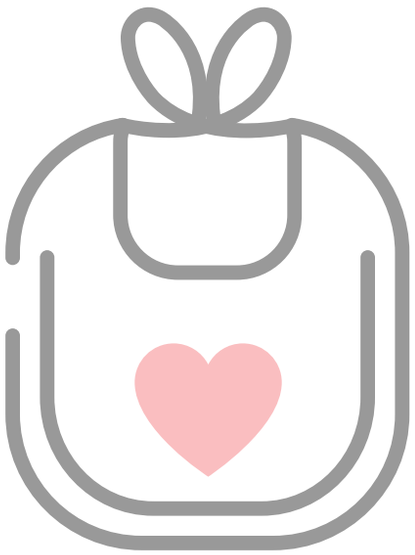
BREAST MILK CUSTARD

INGREDIENTS

- 150 ml breast milk;
- 10 g cornflour (cornstarch);
- 1 vanilla pod.

METHOD

- Split the vanilla pod lengthwise and place it in a saucepan with the breast milk.
- Heat gently to allow the vanilla to infuse, then add the cornflour
- Stir continuously until the custard reaches the desired consistency
- Remove the vanilla pod, pour into two ramekins and refrigerate until chilled.



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