

Compleat®

INGREDIENTS

1/2 tetra (125 mL) Compleat® 1/2 cup (125 mL) tender cooked brown rice (125 mL) cooked lentils 1/2 cup 1 cup (250 mL) no-salt-added vegetable broth 1/2 cup (125 mL) pumpkin purée Pinch ground sage 2 tsp (10 mL) melted butter 2 tbsp (30 mL) grated Parmesan cheese

DIRECTIONS

- 1. In blender, purée Compleat®, rice, lentils, broth, pumpkin purée, sage, butter and Parmesan until smooth.
- 2. Transfer to saucepan set over medium heat; reheat until simmering. Cook for 5 to 8 minutes or until heated through.



Compleat pediatric®

INGREDIENTS

1/2 tetra	(125 mL)	Compleat Pediatric®
2/3 cup	(150 mL)	tender cooked brown rice
1/3 cup	(75 mL)	cooked brown lentils
1 cup	(250 mL)	no-salt-added vegetable broth
1/2 cup	(125 mL)	pumpkin purée
1/4 tsp	(1 mL)	dried sage
2 tsp	(10 mL)	melted butter
1 tbsp	(15 mL)	grated Parmesan cheese

DIRECTIONS

- 1. In blender, purée Compleat® Pediatric, rice, lentils, broth, pumpkin purée, sage, butter and Parmesan until smooth.
- 2. Transfer to saucepan set over medium heat; reheat until simmering. Cook for 5 to 8 minutes or until heated through.

1 serving (1/2 recipe or 375 mL)	Compleat® Organic Blends	Compleat Pediatric® Organic Blends
Calories	260	250
Fat	8 g	8 g
Carbohydrate	35 g	35 g
Fibre	8 g	7 g
Protein	12 g	10 g



Compleat pediatric®

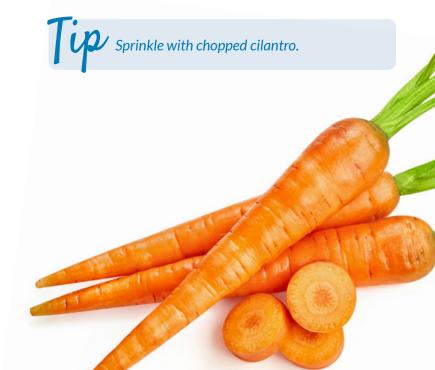
INGREDIENTS

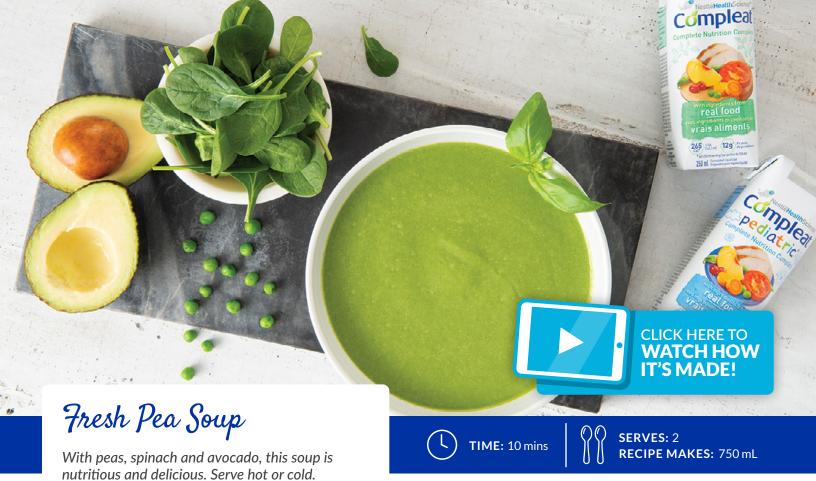
1 tetra	(250 mL)	Compleat® or Compleat Pediatric®
1 tbsp	(15 mL)	olive oil
1/3 cup	(75 mL)	diced red pepper
1/3 cup	(75 mL)	diced onion
1/3 cup	(75 mL)	diced tomato
1/3 cup	(75 mL)	diced carrot
1 cup	(250 mL)	canned no-salt-added red kidney beans,
		drained and rinsed
1 cup	(250 mL)	no-salt-added vegetable broth
1 cup	(250 mL)	water

DIRECTIONS

- 1. Heat oil in saucepan set over medium heat; cook red pepper, onion, tomato and carrot for 3 to 5 minutes or until slightly softened. Stir in beans, broth and water; bring to boil. Reduce heat to medium; cook for 10 to 15 minutes or until tender.
- 2. Transfer to blender. Add Compleat® OR Compleat Pediatric®; purée until smooth.
- 3. Return to saucepan; reheat until simmering.

1 serving (1/4 recipe or 250 mL)	Compleat® Organic Blends	Compleat Pediatric® Organic Blends	
Calories	170	170	
Fat	6 g	6 g	
Carbohydrate	22 g	22 g	
Fibre	6 g	6 g	
Protein	8 g	7 g	





Compleat pediatric®

INGREDIENTS

1 tetra (250 mL) Compleat® or Compleat Pediatric®
2 cups (500 mL) packed spinach
1 cup (250 mL) frozen peas
1 cup (250 mL) no-salt-added vegetable broth
1/2 ripe avocado, halved, pitted,
peeled and chopped
2 tbsp (30 mL) finely chopped fresh basil

DIRECTIONS

- 1. In saucepan, combine Compleat® OR Compleat Pediatric®, spinach, peas and broth; bring to boil. Reduce heat to medium; cook for 3 to 5 minutes or until vegetables are tender.
- 2. Transfer pea mixture to blender. Add avocado and basil; pulse until smooth.
- 3. Return to saucepan; reheat until simmering. Alternatively, serve soup cold.



1 serving (1/2 recipe or 375 mL)	Compleat® Organic Blends	Compleat Pediatric® Organic Blends
Calories	260	260
Fat	10 g	10 g
Carbohydrate	32 g	32 g
Fibre	7 g	7 g
Protein	11 g	10 g





Compleat®

INGREDIENTS

3/4 cup	(175 mL)	tetra Compleat®
1/2		banana
1 cup	(250 mL)	frozen cherries
1/2 cup	(125 mL)	frozen blueberries
1/2 cup	(125 mL)	water
3/4 cup	(175 mL)	plain 2% Greek yogurt
2 tsp	(10 mL)	canola oil

DIRECTIONS

1. In blender, purée Compleat®, banana, cherries, blueberries, water, yogurt and oil until smooth.



Compleat pediatric®

INGREDIENTS

3/4 cup	(175 mL)	tetra Compleat Pediatric®
1/2		banana
1 cup	(250 mL)	frozen cherries
1/2 cup	(125 mL)	frozen blueberries
1/2 cup	(125 mL)	water
3/4 cup	(175 mL)	plain 2% Greek yogurt
2 tsp	(10 mL)	canola oil

DIRECTIONS

1. In blender, purée Compleat Pediatric® blend, banana, cherries, blueberries, water, yogurt and oil until smooth.

1 serving (1/2 recipe or 375 mL)	Compleat® Organic Blends	Compleat Pediatric® Organic Blends
Calories	290	280
Fat	10 g	10 g
Carbohydrate	37 g	37 g
Fibre	4 g	4 g
Protein	13 g	11 g





Compleat® Compleat pediatric®

INGREDIENTS

1/2 tetra	(125 mL)	Compleat® or Compleat Pediatric®
1/2		banana
1/4 cup	(60 mL)	frozen mango chunks
1/4 cup	(60 mL)	frozen pineapple chunks
1 cup	(250 mL)	water
3 tbsp	(45 mL)	cooked quinoa
1/2 cup	(125 mL)	2% plain Greek yogurt
2 tsp	(10 mL)	canola oil

DIRECTIONS

1. In blender, purée Compleat® OR Compleat Pediatric®, banana, mango, pineapple, water, quinoa, yogurt and oil until smooth.



Substitute peach for mango chunks if desired.

1 serving (1/2 recipe or 310 mL)	Compleat® Organic Blends	Compleat Pediatric® Organic Blends
Calories	240	230
Fat	9 g	9 g
Carbohydrate	28 g	28 g
Fibre	3 g	3 g
Protein	11 g	10 g





Compleat pediatric®

INGREDIENTS

1 tetra (250 mL) Compleat® or Compleat Pediatric®
1 cup (250 mL) oat milk
1/3 cup (75 mL) basmati rice
2 pitted dates, chopped
1/4 tsp (1 mL) ground cinnamon
1 banana

DIRECTIONS

- In saucepan set over medium heat, combine oat milk, rice, dates and cinnamon; bring to simmer. Reduce heat to medium-low; cook, stirring frequently, for 20 to 30 minutes or until rice is very tender and mixture is thickened. Refrigerate until chilled.
- 2. In blender, purée Compleat® OR Compleat Pediatric®, rice mixture and banana until smooth.



1 serving (1/2 recipe or 310 mL)	Compleat® Organic Blends	Compleat Pediatric® Organic Blends	
Calories	390	390	
Fat	8 g	8 g	
Carbohydrate	70 g	70 g	
Fibre	5 g	5 g	
Protein	10 g	9 g	

