



Pumpkin Risotto

Made with brown rice, this comforting risotto is easy to prepare.



TIME: 15 mins



SERVES: 2
RECIPE MAKES: 750 mL

Compleat®

INGREDIENTS

1/2 tetra	(125 mL)	Compleat®
1/2 cup	(125 mL)	tender cooked brown rice
1/2 cup	(125 mL)	cooked lentils
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.



Substitute chopped cooked butternut squash for pumpkin purée.

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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.

NUTRITION FACTS

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



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Vegetarian Chili

Mild in flavour, this vegetable and bean chili is a hearty purée.



TIME: 30 mins



SERVES: 4
RECIPE MAKES: 1000 mL

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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.

NUTRITION FACTS

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

Tip Sprinkle with chopped cilantro.





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Fresh Pea Soup

With peas, spinach and avocado, this soup is nutritious and delicious. Serve hot or cold.



TIME: 10 mins



SERVES: 2
RECIPE MAKES: 750 mL

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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.

Tip Substitute parsley or mint for basil.

NUTRITION FACTS

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





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Cherry Jubilee Smoothie

Frozen cherries are like a taste of summer in this fruit smoothie sweetened with banana, berries and orange juice.



TIME: 5 mins



SERVES: 2
RECIPE MAKES: 750 mL

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.

Tip

Substitute fresh for frozen blueberries.

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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.

NUTRITION FACTS

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





Tropical Quinoa Smoothie

With mango, banana and pineapple, this fruit smoothie is loaded with tropical flavours.



TIME: 5 mins



SERVES: 2
RECIPE MAKES: 620 mL

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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.

Tip

Substitute peach for mango chunks if desired.

NUTRITION FACTS

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





Rice Pudding

Made with fragrant basmati rice and oat milk, this take on rice pudding is heavenly.



TIME: 25 mins



SERVES: 2
RECIPE MAKES: 620 mL

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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

1. 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.

Tip

Garnish with an additional pinch of ground cinnamon.

NUTRITION FACTS

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

