IMaginative ReCipe Tools

MCTprocal

The Children's Hospital*

IMaginative ReCipe Tools

- Laurie Bernstein MS RD FADA
- Casey Burns RD
- Kathryn A. Bloxsom**

- **Chef's Hat Off To:**
  Sommer Myers RD

**Kathryn has a culinary degree and is a nutrition student at Johnson & Wales University

MCT Disclaimer

The following recipe cards provide nutrition information for the total fat and calories per serving in each recipe. The total fat includes ling chain fats, which are the fats commonly found in foods. Some foods do contain am small amount of MCT but this is not reported separately form the total grams of fat reported on the bottom of each card. The amount of MCT from the **MCT Procal** is given separately and should be provided based on an individual's diet prescription.

MCT Procal

Each sachet adds:
10 grams of MCT and 0.1 grams of LCT
105 calories
Each sachet equals 16 grams of powder.

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Ready in a Snap!

Ready in a Snap Recipes

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Breakfast Parfait

Prep Time: 15 minutes

This is a fast, healthy breakfast. Put it in a plastic cup, grab a plastic spoon, and go! To get your child involved, have them spoon the layers in or pick out their favorite kind of yogurt.

Nutrition Facts (per parfait)

Fat Grams: 0.41 **MCT Grams**: 10
Calories: 105 plus 100 calories from **MCT Procal**
Yield: 1 Parfait
1 Sachet **MCT Procal** = 1 Parfait

Breakfast Parfait

Ingredients:

½ cup	strawberries
½ cup	fat free yogurt
1½ tsp	honey
1 sachet	**MCT Procal**
2 tbsp	Frosted Flakes, crushed

Method of Preparation:

Wash strawberries, slice. Mix **MCT Procal** and honey into yogurt. In a cup, alternate spooning in layers of strawberries and yogurt. Add crushed cereal on top.

Ready in a Snap!

Oatmeal

Prep Time: 5 minutes **Cook Time:** 3 minutes

Oatmeal is a very healthy way to start the day. This recipe is adaptable to whatever fruit you have on hand or what your child likes best!

Nutrition Facts (per bowl)

Fat Grams: 1.58 **MCT Grams**: 10
Calories: 185 plus 100 calories from **MCT Procal**
Yield: 1 Bowl of Oatmeal
1 Sachet **MCT Procal** = 1 Bowl of Oatmeal

Oatmeal

Ingredients:

¼ cup	Quaker Oats®
¾ cup	apple juice
1 sachet	**MCT Procal**
¼ cup	blueberries

Method of Preparation:

Mix quick oats, apple juice, and **MCT Procal** in a microwave safe bowl. Microwave on high for 2 ½ - 3 minutes. Add blueberries. Stir well. Serve.

Ready in a Snap!

Banana Honey Sandwich

Prep Time: 10 minutes

This easy sandwich is a good recipe for older children to make on their own.

Nutrition Facts (per sandwich)

Fat Grams: 1.97 **MCT Grams**: 10
Calories: 343 plus 100 calories from **MCT Procal**
Yield: 1 Sandwich
1 Sachet **MCT Procal** = 1 Sandwich

Banana Honey Sandwich

Ingredients:

2 tbsp	honey
½ tsp	water
1 sachet	**MCT Procal**
1	banana, sliced
2 slices	fat free sandwich bread (Wonder® Bread Lite)

Method of Preparation:

Mix **MCT Procal** with water. Add honey, microwave for 5 seconds, stir well. Spread mixture on one slice of bread. Arrange banana slices on top of the honey mixture. Top with final slice of bread.

Ready in a Snap!

Quesadilla

Prep Time: 5 minutes **Cook Time:** 2 minutes

This is a quick snack children 5 and up can even make for themselves! If you have a little extra time, it can also be heated up in a skillet for extra crunch!

Nutrition Facts (quesadilla)

Fat Grams: 1.0 **MCT Grams**: 10
Calories: 246 plus 100 calories from **MCT Procal**
Yield: 1 Quesadilla
1 Sachet **MCT Procal** = 1 Quesadilla

Quesadilla

Ingredients:

1	fat free tortilla, (Mission®)
1 sachet	**MCT Procal**
1 tbsp	fat free sour cream
1 tbsp	chunky salsa
½ cup	fat free cheddar cheese

Method of Preparation:

Mix **MCT Procal**, sour cream and salsa until **MCT Procal** is dissolved, add the cheese, mix well. Spread the **MCT Procal** mixture onto the tortilla. Microwave on high for 1 minute, or until insides are melted.

Fold in half, and enjoy!

Ready in a Snap!

Apple Cinnamon Bars

Prep Time: 5 minutes **Cook Time:** 5 minutes

Try using fun molds or muffin tins to make shaped bars! Add food coloring to make these more colorful!

Nutrition Facts (per bar)

Fat Grams: 0.05 **MCT Grams**: 10
Calories: 117 plus 100 calories from **MCT Procal**
Yield: 2 Cereal Bars
1 Sachet **MCT Procal** = 1 Cereal Bar

Apple Cinnamon Bars

Ingredients:

1/2 cup	Cornflakes®
1/3 cup	dried apples, chopped
1 tsp	packed brown sugar
1/8 tsp	cinnamon
1 tsp	corn syrup
2 sachets	**MCT Procal**
1/8 tsp	vanilla
2 tsp	water
1/2 cup	marshmallows

Method of Preparation:

Mix cornflakes and apples in a bowl. Combine brown sugar, cinnamon, corn syrup, **MCT Procal**, vanilla, water and marshmallows in a microwave safe dish. Microwave on high 30-45 seconds, stirring half way through. Add cereal and apples to mixture. Mix thoroughly. Spread mixture onto waxed paper or greased cookie sheet to cool. Cut and serve.

Ready in a Snap!

Berry Berry Smoothie

Prep Time: 10 minutes

A creamy, fizzy treat, great as a snack or dessert.

Nutrition Facts (per smoothie)

Fat Grams: 0.46 **MCT Grams**: 10
Calories: 78 plus 100 calories from **MCT Procal**
Yield: 1 Smoothie (1 cup)
1 Sachet **MCT Procal** = 1 Smoothie

Berry Berry Smoothie

Ingredients:

⅓ cup	frozen strawberries
1 sachet	**MCT Procal**
⅓ cup	frozen raspberries
⅓ cup	fat free vanilla yogurt
⅓ cup	lemon lime soda

Method of Preparation:

Put all ingredients into blender. Blend until smooth. Serve.

Ready in a Snap!

Chocolate Milkshake

Prep Time: 10 minutes

A good "on the go" dessert! Any flavor of fat free ice cream can be used.

Nutrition Facts (per milkshake)

Fat Grams: 0.98 **MCT Grams**: 10
Calories: 132 plus 100 calories from **MCT Procal**
Yield: 1 Milkshake (1 cup)
1 Sachet **MCT Procal** = 1 Milkshake

Chocolate Milkshake

Ingredients:

3/4 cup	Fat free chocolate ice cream (Breyers®)
1 sachet	**MCT Procal**
1/2 cup	skim milk
1/2 tsp	brown sugar

Method of Preparation:

Mix **MCT Procal** and brown sugar into milk. Stir until dissolved. Put all ingredients into blender. Blend until smooth. Serve.

Ready in a Snap!

Hot Cocoa

Prep Time: 5 minutes **Cook Time:** 10 minutes

Add crushed peppermint candies for a minty twist!

Get your child involved by having them crush the peppermints.

Nutrition Facts (per up of cocoa)

Fat Grams: 0.88 **MCT Grams**: 10
Calories: 192 plus 100 calories from **MCT Procal**
Yield: 1 cup Hot Cocoa
1 Sachet **MCT Procal** = 1 Hot Cocoa

Hot Cocoa

Ingredients:

1 sachet	**MCT Procal**
3 tsp	cocoa powder
2 tbsp	sugar
1 cup	skim milk
¼ tsp	vanilla

Method of Preparation:

Whisk all ingredients into a medium saucepan, stir constantly over medium heat until sugar, **MCT Procal** and cocoa are dissolved. If desired, add crushed peppermint candies. Serve.

Ready in a Snap!

Orange Creamsicle Smoothie

Prep Time: 10 minutes

A fast drink filled with lots of Vitamin C!
A healthy, delicious way to start the day!

Nutrition Facts (per smoothie)

Fat Grams: 0.49 **MCT Grams**: 10
Calories: 131 plus 100 calories from **MCT Procal**
Yield: 1 Smoothie (1 cup)
1 Sachet **MCT Procal** = 1 Smoothie

Orange Creamsicle Smoothie

Ingredients:

½ cup	orange juice
1 sachet	**MCT Procal**
2 tbsp	fat free whipped topping (Cool Whip Free®)
¼ cup	fat free vanilla yogurt)

Method of Preparation:

Mix orange juice and **MCT Procal** until **MCT Procal** has dissolved. Put all ingredients into blender. Blend until smooth. Serve.

Ready in a Snap!

Strawberry Limeade

Prep Time: 10 minutes

Try using frozen strawberries for a slushier drink!

Nutrition Facts (per glass of limeade)

Fat Grams: 0.08 **MCT Grams**: 10
Calories: 116 plus 100 calories from **MCT Procal**
Yield: 1 Glass of Limeade
1 Sachet **MCT Procal** = 1 Glass of Limeade

Strawberry Limeade

Ingredients:

½ cup	frozen strawberries
½ cup	cold water
1 sachet	**MCT Procal**
⅛ cup	limeade concentrate

Method of Preparation:

Mix in blender until **MCT Procal** has dissolved. Serve.

Ready in a Snap!

Water Bottle Mixers

Prep Time: 5 minutes **Shake Time:** 30 seconds

Turn plain water into an exciting tasty treat! These are excellent to keep on hand; in the car or in backpacks. They mix in water bottles or sippy cups. They are great for car trips, sports practice or even hiking!

Nutrition Facts

Fat Grams: 0.0 **MCT Grams**: 10
Calories: 49 plus 100 calories from **MCT Procal**
Yield: Mix for 1 cup Water
1 Sachet **MCT Procal** = 1 Serving

Water Bottle Mixers

Ingredients:

1/8 tsp	drink mix (Kool-Aid®, etc.)
1 tbsp	sugar
1 sachet	**MCT Procal**

Method of Preparation:

Mix together **MCT Procal**, sugar and drink mix. Place in a plastic sandwich baggie. Add mixture to 1 cup water when desired and shake well!*

*Shake every few (3) minutes to prevent separation, or to mix in separated **MCT Procal**.

Ready in a Snap!

Prep Time: **Cook Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Ingredients:

Method of Preparation:

Ready in a Snap!

Ready in a Snap!

Prep Time: **Cook Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Ingredients:

Method of Preparation:

Ready in a Snap!

Ready in a Snap!

Prep Time: **Cook Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Ingredients:

Method of Preparation:

Ready in a Snap!

▶ *Takes a Little Time*

Takes a Little Time!

Takes a Little Time Recipes

- Breakfast Burrito
- Breakfast Egg Sandwich
- French Toast Sticks
- Pancakes
- Corn Dog Muffins
- Pizza Pockets
- Potato Nuggets
- Tortilla Roll-ups
- Sugar Cookies

Takes a Little Time!

Breakfast Burrito

Prep Time: 15 minutes **Bake Time:** 10 minutes

Get creative with what you wrap up in your burrito try adding steamed vegetables or different kinds of fat free cheese!

Nutrition Facts (per burrito)

Fat Grams: 1.9 **MCT Grams**: 10
Calories: 248 plus 100 calories from **MCT Procal**
Yield: 1 Burrito
1 Sachet **MCT Procal** = 1 Burrito

Breakfast Burrito

Ingredients:

1	fat free tortilla, (Mission®)
2 tbsp	egg whites
1 tsp	water
1 sachet	**MCT Procal**
1 tbsp	fat free green chile (505 Green Chile Sauce®)
2 tbsp	fat free frozen hash browns (Ore-Ida®)
2 tbsp	fat free cheddar cheese

Method of Preparation:

Whisk together egg whites, water, **MCT Procal** and green chile. Add hash browns. Cook in a non stick pan over medium heat until eggs are cooked. Spoon onto tortilla, and top with cheese. Roll up and enjoy!

Takes a Little Time!

Takes a Little Time!

Breakfast Egg Sandwich

Prep Time: 10 minutes **Cook Time:** 15 minutes

This sandwich is easy in a sandwich maker, but works just as well without it. It can also be microwaved or put into a toaster oven.

Nutrition Facts (per sandwich)

Fat Grams: 1.5 **MCT Grams**: 10
Calories: 230 plus 100 calories from **MCT Procal**
Yield: 1 Sandwich
1 Sachet **MCT Procal** = 1 Sandwich

Breakfast Egg Sandwich

Ingredients:

2 slices	fat free bread
2 tbsp	egg whites
1 tsp	water
1 sachet	**MCT Procal**
1 slice	fat free American cheese
1	fat free veggie burger (Boca®) (optional)

Method of Preparation:

Heat veggie burger according to directions. Whisk egg whites, water and **MCT Procal** together, cook in a skillet over medium heat until egg whites are cooked. On one slice of bread place veggie burger, then cheese slice, add egg white mixture on top, place second slice of bread on top. Place in sandwich maker, cook for 5 minutes.

Cook in sandwich maker, 5 minutes.

Takes a Little Time!

Takes a Little Time!

French Toast Sticks

Prep Time: 10 minutes **Cook Time:** 15 minutes

French Toast Sticks freeze well. They can be reheated in either the microwave or toaster. These are great for toddlers in the car, since they don't require syrup!

Mix the vanilla and the cinnamon first. The alcohol in the vanilla will dissolve the cinnamon, so it incorporates into the mix and doesn't float on the top.

Nutrition Facts (per 4 sticks)

Fat Grams: 0.68 **MCT Grams**: 10
Calories: 101 plus 100 calories from **MCT Procal**
Yield: 8 Sticks
1 Sachet **MCT Procal** = 4 Sticks

French Toast Sticks

Ingredients:

2 slices	fat free bread
¼ tsp	vanilla
¼ tsp	cinnamon
2 sachets	**MCT Procal**
⅛ cup	skim milk
½ tbsp	egg whites
1 tbsp	sugar
½ tbsp	syrup

Method of Preparation:

Heat a non-stick skillet to medium heat, in a medium bowl. Mix vanilla and cinnamon, add the **MCT Procal**, skim milk, egg whites, sugar and syrup. Whisk together. Dip each slice of bread into the batter. If there is any batter left over, soak the bread slices longer, ensuring all the batter is soaked up. Place slices one at a time onto preheated skillet, flip after 5 minutes, or when the bottom is brown, cook 5 minutes more. Cut into strips, serve.

Takes a Little Time!

Takes a Little Time!

Pancakes

Prep Time: 10 minutes **Cook Time:** 15 minutes

The pancakes freeze well. Freeze some so that when you don't have time to make them fresh, you can just pull them out of the freezer! Microwave to heat up.

Try adding a sachet of **MCT Procal** to 2 Tbsp of jelly, and rolling the jelly up in pancakes.

Nutrition Facts (per 2 pancakes)

Fat Grams: 0.32 **MCT Grams**: 10
Calories: 169 plus 100 calories from **MCT Procal**
Yield: 4 (3″) Pancakes
1 Sachet **MCT Procal** = 2 Pancakes

Pancakes

Ingredients:

1/3 cup	flour
2 sachets	**MCT Procal**
2 tsp	sugar
1/2 tsp	baking powder
pinch	salt
1/3 cup	skim milk
1 tbsp	syrup
1 tbsp	applesauce

Method of Preparation:

Combine dry ingredients (flour, **MCT Procal**, sugar, baking powder and salt). Add skim milk, syrup and applesauce to bowl. Whisk until smooth. Pour enough batter to make a 3" pancake onto a hot skillet. Flip carefully after bubbles have appeared in the center of the pancake (about 5 minutes). Cook for 5 minutes more, until both sides are golden brown.

Takes a Little Time!

Takes a Little Time!

Corn Dog Muffins

Prep Time: 10 minutes **Cook Time:** 20 minutes

Freeze these after they have been cooked and reheat in either the microwave or the oven. Serve with ketchup, mustard, or another favorite condiment!

Nutrition Facts (per muffin)

Fat Grams: 1.0 **MCT Grams**: 10
Calories: 130 plus 100 calories from **MCT Procal**
Yield: 1 Corn Dog Muffin
1 Sachet **MCT Procal** = 1 Corn Dog Muffin

Corn Dog Muffins

Ingredients:

1	fat free hot dog
2 tbsp	water
1 sachet	**MCT Procal**
3 tbsp	fat free corn muffin mix

Method of Preparation:

Mix water, **MCT Procal** and fat free corn muffin mix together. Cut hot dog into tiny pieces, add to mix. Lightly spray a muffin tin with cooking spray. Pour batter into muffin tin. Bake at 400˚ F for 20 minutes.

Bake at 400˚ F for 20 minutes.

Takes a Little Time!

Takes a Little Time!

Pizza Pockets

Prep Time: 15 minutes **Cook Time:** 15 minutes

These pizza pockets take a little more time, but they freeze well. Prepare as directed, but do not bake. Freeze and remove as needed, bake at 350˚ F for 12 minutes.

Nutrition Facts (per burrito)

Fat Grams: 0.49 **MCT Grams**: 10
Calories: 117 plus 100 calories from **MCT Procal**
Yield: 4 Pizza Pockets
1 Sachet **MCT Procal** = 4 Pizza Pockets

Pizza Pockets

Ingredients:

4	wonton wrappers
1 tbsp	fat free pizza sauce
1 sachet	**MCT Procal**
½ stalk	green onion, sliced
1 tbsp	fat free mozzarella cheese
2 tsp	canned mushrooms, sliced
1 tbsp	egg white

Method of Preparation:

Blend pizza sauce, **MCT Procal**, green onion, cheese and mushrooms. Drop by spoonfuls onto center of wonton wrappers. Fold wrappers in half, seal well. Brush tops with egg whites, poke a small hole on top. Place on a non stick cookie sheet. Bake at 350˚ for 15 minutes.

Bake at 350˚ for 15 minutes.

Takes a Little Time!

Takes a Little Time!

Potato Nuggets

Prep Time: 10 minutes **Cook Time:** 20 minutes

Have your children help by letting them crush the cornflakes, they can also help coat the nuggets by rolling them in the cornflakes!

Nutrition Facts (per 4 nuggets)

Fat Grams: 0.31 **MCT Grams**: 10
Calories: 156 plus 100 calories from **MCT Procal**
Yield: 8 Nuggets
1 Sachet **MCT Procal** = 4 Nuggets

Potato Nuggets

Ingredients:

4 tbsp	fat free instant mashed potatoes
2 sachets	**MCT Procal**
1 tbsp	green onion, chopped
4 tbsp	fat free cheddar
pinch	salt and pepper
¼ tsp	taco seasoning
¼ tsp	ranch seasoning
7 tbsp	water
1 tbsp	egg whites
¼ cup	Corn flakes®, crushed

Method of Preparation:

Mix mashed potatoes with **MCT Procal**, green onions, cheddar, salt, pepper, taco and ranch seasonings, water and egg whites.

Divide into 1″ balls. Roll each ball in corn flakes. Place on a greased cookie sheet. Bake at 350˚ F for 20 minutes

Bake at 350˚ for 20 minutes.

Takes a Little Time!

Takes a Little Time!

Tortilla Roll-ups

Prep Time: 15 minutes **Chill Time:** 20 minutes

These are fun snacks that children 5 and up can make almost by themselves!

Nutrition Facts (per 3 pieces)

Fat Grams: 0.95 **MCT Grams**: 10
Calories: 111 plus 100 calories from **MCT Procal**
Yield: 6 Pieces
1 Sachet **MCT Procal** = 3 Pieces

Tortilla Roll-ups

Ingredients:

1	fat free tortilla
2 sachets	**MCT Procal**
2 tsp	water
2 tbsp	fat free cream cheese
2 tbsp	fat free sour cream
¼ cup	fat free cheddar cheese, shredded
1 tsp	garlic salt
1 tbsp	fat free green chile (505 Green Chile Sauce®)
¼ each	red pepper, sliced

Method of Preparation:

Mix **MCT Procal**, water, fat free cream cheese, fat free sour cream, fat free cheddar cheese, garlic salt and fat free green chile. Spread evenly over whole tortilla, lay slices of red pepper along the length of the tortilla. Roll tortilla tightly, wrap tightly with Saran Wrap®. Refrigerate for 20 minutes. Slice into 6 equal slices, serve.

Takes a Little Time!

Takes a Little Time!

Soft Sugar Cookies

Prep Time: 10 minutes **Bake Time:** 15 minutes

These sugar cookies are a great "grab and go" dessert. Fat free buttermilk is what makes them so soft. The acidity in buttermilk acts as a natural tenderizing agent.

Nutrition Facts (per 2 cookies)

Fat Grams: 0.54 **MCT Grams**: 10
Calories: 193 plus 100 calories from **MCT Procal**
Yield: 4 Cookies
1 Sachet **MCT Procal** = 2 Cookies

Soft Sugar Cookies

Ingredients:

1/4 tsp	vanilla
1/4 cup	sugar
5 tbsp	fat free buttermilk
1 tbsp	egg whites
1/4 cup	flour
2 sachets	**MCT Procal**
pinch	salt
1/8 tsp	baking powder

Method of Preparation:

Combine vanilla, sugar, buttermilk and egg whites, in a separate bowl combine flour, **MCT Procal**, salt and baking powder. Mix together. Put dough in the freezer for 5 minutes. Drop one at a time onto a cookie sheet. Bake for 15 minutes at 350˚ F for 15 minutes.

Bake at 350˚ F for 15 minutes.

Takes a Little Time!

Takes a Little Time!

Prep Time: **Cook Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Ingredients:

Method of Preparation:

Takes a Little Time!

Takes a Little Time!

Prep Time: **Cook Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Ingredients:

Method of Preparation:

Takes a Little Time!

Takes a Little Time!

Prep Time: **Cook Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Takes a Little Time!

Prep Time: **Cook Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Worth the Wait!

Worth the Wait!

Worth the Wait

- Pumpkin Raisin Mini Muffins
- Egg Rolls
- Granola Bars
- Ranch Crackers
- Fudge Brownies
- Fudgesicles
- Jigglers
- Juicy Popsicles
- Mini Pies

Pumpkin Raisin Mini Muffins

Prep Time: 15 minutes **Cook Time:** 20 minutes

These delicious muffins freeze well, so make a double batch when you have the time, pop some in the freezer, and pull them out as needed. Allow 30 minutes de-frost time. The **MCT Procal** in these muffins actually helps them to rise and brown better!

Nutrition Facts (per 2 muffins)

Fat Grams: 0.28 **MCT Grams**: 10
Calories: 136 plus 100 calories from **MCT Procal**
Yield: 4 Mini Muffins
1 Sachet **MCT Procal** = 2 Mini Muffins

Pumpkin Raisin Mini Muffins

Ingredients:

¼ cup	angel food cake mix
pinch	nutmeg
pinch	cinnamon
pinch	cloves
1 tsp	fat free buttermilk
¼ cup	canned pumpkin
1 tbsp	unsweetened applesauce
2 sachets	**MCT Procal**
1 tbsp	raisins

Method of Preparation:

In a medium bowl combine nutmeg, cinnamon, cloves, buttermilk, pumpkin, applesauce, **MCT Procal** and raisins. Mix well.

Add angel food cake mix. Blend. Spoon all the batter into a mini muffin tin, bake at 350˚ F for 20 minutes.

Bake at 350˚ F for 20 minutes.

Worth the Wait!

Egg Rolls

Prep Time: 30 minutes **Cook Time:** 15 minutes

These egg rolls have a lot of flavor and brown best if they are flipped during cooking!

Nutrition Facts (3 egg rolls)

Fat Grams: 0.42 **MCT Grams**: 10
Calories: 133 plus 100 calories from **MCT Procal**
Yield: 3 Egg Rolls
1 Sachet **MCT Procal** = 3 Egg Rolls

Egg Rolls

Ingredients:

3	wonton wrappers
1 sachet	**MCT Procal**
½ tsp	stir fry seasoning (Kikkoman®)
1 tsp	water
1 tsp	soy sauce
2 tbsp	grated carrots
2 tbsp	bean sprouts, sliced
1 tbsp	green onions, chopped
1 tsp	egg whites

Method of Preparation:

Combine **MCT Procal**, stir fry seasoning, water, and soy sauce. Whisk well. Spray a small pan with non-fat cooking spray add egg whites, when they are cooked, add vegetables and cook until crisp tender (about 3 minutes) reduce heat. Add MCT Procal mix, bring to a boil. Cool. Spoon onto wrappers, wrap and seal by gently wetting edges with wet fingers. Place on a non-stick cookie sheet, spray tops with cooking spray. Bake at 425˚ F for 12 minutes, flipping half way through.

Bake at 425˚ F for 12 minutes.

Worth the Wait!

Granola Bars

Prep Time: 30 minutes **Bake Time:** 35 minutes

For chewier bars, add 2 extra tablespoons of applesauce. This is a great recipe for children to help with, they will love mixing the dough with their hands!

Try using fun molds or muffin tins to make shaped granola bars!

Nutrition Facts (per 1 bar)

Fat Grams: 0.74 **MCT Grams**: 10
Calories: 180 plus 100 calories from **MCT Procal**
Yield: 4 Granola Bars
1 Sachet **MCT Procal** = 1 Granola Bars

Granola Bars

Ingredients:

2/3 cup	rolled oats
4 tsp	honey
2 tbsp	packed brown sugar
1/8 tsp	cinnamon
2 tbsp & 2 tsp	flour
2 tbsp	raisins
4 sachets	**MCT Procal**
1/8 tsp	salt
1 tbsp	egg whites
1 tbsp	applesauce
1/4 tsp	vanilla

Method of Preparation:

Mix together oats and honey. Spread out on a non-stick baking sheet and cook at 350˚ F for 9 minutes, stirring half way through. Remove from oven and allow to cool for 15 minutes.

In a large bowl, mix together the oats, brown sugar, cinnamon, flour, raisins, **MCT Procal**, and salt. Make a well in the center, and pour in the egg whites, applesauce and vanilla. Mix well using your hands. Pat the mixture evenly into a muffin tin sprayed with cooking spray.

Bake at 325˚ F for 20 minutes, until the bars begin to turn golden at the edges.

Worth the Wait!

Ranch Crackers

Prep Time: 10 minutes **Cook Time:** 35 minutes

These crackers are great for hiking, lunch boxes, afternoon snacks… they go where you go with ease!

Nutrition Facts (per 10 crackers)

Fat Grams: 0.15 **MCT Grams**: 10
Calories: 134 plus 100 calories from **MCT Procal**
Yield: 20 Crackers
1 Sachet **MCT Procal** = 10 Crackers

Ranch Crackers

Ingredients:

¼ cup	flour
⅛ cup	water
1 tbsp	egg white
½ packet	fat free ranch dip mix
2 sachets	**MCT Procal**

Method of Preparation:

Mix all ingredients together, knead until well mixed. Place dough between two sheets of waxed paper (sprayed with cooking spray), roll until it is 10˚ in diameter. Place a non-stick cookie sheet and bake for 35 minutes. Remove from oven and immediately slice into 20 crackers, being careful not to burn yourself

Bake at 250˚ F for 35 minutes.

Worth the Wait!

Fudge Brownies

Prep Time: 10 minutes **Cook Time:** 35 minutes

These brownies are rich and fudgy and make a great dessert for picnics! Bake these in a muffin tin so all the brownies are the same size.

Nutrition Facts (per brownie)

Fat Grams: 1.21 **MCT Grams**: 10
Calories: 159 plus 100 calories from **MCT Procal**
Yield: 4 Brownies
1 Sachet **MCT Procal** = 1 Brownie

Fudge Brownies

Ingredients:

¼ cup	fat free mayo
¼ cup	canned beets
¼ cup	cocoa powder
½ cup	sugar
2 tbsp	egg whites
4 sachets	**MCT Procal**
½ tsp	vanilla
¼ cup	flour

Method of Preparation:

Preheat oven to 350˚ F. In a food processor puree the beets and mayo. Mix cocoa powder, sugar, egg whites, **MCT Procal**, vanilla, pureed beets and mayo in a medium bowl, mix well. Add flour, blend until just mixed. Pour into a muffin tin, should make 4 brownies.

Bake at 350˚ F for 35 minutes.

Worth the Wait!

Fudgesicles

Prep Time: 10 minutes **Cook Time:** 20 minutes

Great treats for sunny summer afternoons, or even cloudy winter ones. Treats on a stick, that go where you go!

*Fun Pops Freezer Pop Mold makes 2.5 oz popsicle molds

Nutrition Facts (per popsicle)

Fat Grams: 0.0 **MCT Grams**: 10
Calories: 40 plus 100 calories from **MCT Procal**
Yield: 1 (2.5oz)* Popsicle
1 Sachet **MCT Procal** = 1 Popsicle

Fudgesicles

Ingredients:

1 tbsp	fat free instant chocolate pudding mix
1 sachet	**MCT Procal**
¼ cup	skim milk

Method of Preparation:

Mix **MCT Procal** with dry pudding mix. Add milk. Beat all ingredients together for 5 minutes. Pour into Popsicle mold, freeze 4 hours or overnight.

Worth the Wait!

Jigglers

Prep Time: 10 minutes **Chill Time:** 3 hours

These treats are fun for all ages! Use any kind of Jell-O that your child likes!

Pour into a regular sized muffin tin to get the correct yield.

Nutrition Facts (per 2 jigglers)

Fat Grams: 0.0 **MCT Grams**: 10
Calories: 84 plus 100 calories from **MCT Procal**
Yield: 8 Jigglers
1 Sachet **MCT Procal** = 2 Jigglers

Jigglers

Ingredients:

1 box	strawberry banana Jell-O®
4 sachets	**MCT Procal**
1 cup	boiling water

Method of Preparation:

Combine **MCT Procal** and water. Bring to a boil. Pour dry Jell-O® into a medium bowl. Pour boiling water in. Whisk well. Pour into molds and refrigerate, stirring every 10 minutes for half an hour. Refrigerate until set, about 2 hours.

Worth the Wait!

Juicy Popsicles

Prep Time: 15 minutes **Freeze Time:** 4 hours

To make creamier bars, add a ¼ cup of fat free yogurt in place of the limeade!

*Lickety sip ice pop maker makes 3 oz popsicle molds

Nutrition Facts (per popsicle)

Fat Grams: 0.12 **MCT Grams**: 10
Calories: 91 plus 100 calories from **MCT Procal**
Yield: 2 (3oz)* Popsicles
1 Sachet **MCT Procal** = 1 Popsicle

Juicy Popsicles

Ingredients:

¼ cup	strawberries
2 sachets	**MCT Procal**
¼ cup	limeade concentrate
½ cup	orange juice

Method of Preparation:

Blend all ingredients together in blender of food processor. Pour into popsicle molds. Freeze and enjoy!

Worth the Wait!

Mini Pies

Prep Time: 15 minutes **Bake Time:** 20 minutes

To freeze: prepare and bake as directed, then pop them in the freezer. Pull 2 out as you need them and bake at 425˚ F for 10 minutes, for that just baked freshness!

Nutrition Facts (per 2 pies)

Fat Grams: 0.52 **MCT Grams**: 10
Calories: 146 plus 100 calories from **MCT Procal**
Yield: 4 Pies
1 Sachet **MCT Procal** = 2 Pies

Mini Pies

Ingredients:

8	wonton wrappers
2 sachets	**MCT Procal**
4 tbsp	fruit pie filling
1 tbsp	egg white
2 tsp	sugar
1 tsp	cinnamon

Method of Preparation:

Combine **MCT Procal**, and pie filling. Spoon 1 tablespoon onto 4 of the wonton wrappers. Using your fingers wet the edges of wrapper and press a second wrapper on top. Seal by pressing o the edges with the back of a fork. Brush the tops of the pie with egg white and sprinkle with cinnamon and sugar. Poke a tiny hole in the top. Bake for 20 minutes at 425˚ F, flip after 10 minutes.

Bake at 425˚ F for 20 minutes.

Worth the Wait!

Prep Time: **Bake Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Ingredients:

Method of Preparation:

Worth the Wait!

Prep Time: **Bake Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Ingredients:

Method of Preparation:

Worth the Wait!

Prep Time: **Bake Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Prep Time: **Bake Time:**

Nutrition Facts

Fat Grams: **MCT Grams**:
Calories:
Yield:
1 Sachet **MCT Procal** =

Quick Ideas and more!

Quick Ideas & More!

Quick Ideas and More!

- Burritos
- Cheesy Noodles
- Grilled Cheese
- Soup
- SpaghettiO's®

Side Dishes

- Baked Beans
- Cheesy Vegetables
- Coleslaw
- Garlic Bread
- Refried Beans

Dessert

- Frosting
- Fruit
- Mousse

Easy Dips

- Yogurt Dip
- Chili Cheese Dip
- Cottage Cheese Dip
- Pizza Dip
- Ranch Dip
- Taco Dip

Quick Ideas

Burritos

1 sachet **MCT Procal** + 1/4 cup refried beans.*

Mix well. Spread on fat free tortilla, sprinkle with fat free cheese.

Cheesy Noodles

2 tsp skim milk + 1 sachet **MCT Procal** + 1/4 cup 98% fat free brocoli cheese soup.

Mix well. Pour over prepared pasta.

* **Remember to pick the fat free or lowest fat product available.**

Quick Ideas

Grilled Cheese

½ tsp skim milk + 1 sachet **MCT Procal** + 1 slice fat free American cheese.

Microwave for 10 seconds. Mix well. Spread on 1 slice fat free bread, top with a second piece of bread and heat on skillet.

Soup

1 sachet **MCT Procal** + ½ cup of your favorite fat free soup.*

Mix well. Garnish with fat free cheese or baked tortilla chips..

***Amy's Organics® makes good fat free soups**

Quick Ideas

SpaghettiO's®

1 sachet **MCT Procal** + ½ cup SpaghettiO's®.

Mix well and heat according to directions.

Quick Ideas

Side Dishes

Baked Beans

1 tsp water + 1 sachet **MCT Procal** + ¼ cup fat free baked beans.

Mix well and enjoy!

Cheesy Vegetables

2 tsp skim milk + 1 sachet **MCT Procal** + 1 slice fat free American cheese.

Mix well. Microwave for 10 seconds, pour over your favorite steamed or raw veggies.

Side Dishes

Coleslaw

2 tsp water + 1 sachet **MCT Procal** + ¼ cup fat free coleslaw

Mix well and enjoy!

Garlic Bread

2 tsp water + 1 sachet **MCT Procal** + ½ tsp fat free butter spray* + garlic powder.

Spread onto 1 slice fat free bread and put in toaster oven.

*** Try I Can't Believe Its Not Butter* Fat Free spray.**

Side Dishes

Refried Beans

1 tsp water + 1 sachet **MCT Procal** + ¼ cup fat free refried beans.

Mix well and sprinkle with fat free cheese.

Side Dishes

Desserts

Frosting

1 tsp water + 1 sachet **MCT Procal** + 1 tbsp fat free frosting.*

Mix and spread on your favorite fat free cupcake.

Fruit

1 tsp skim milk + 1 sachet **MCT Procal** + ¼ cup fat free Cool Whip®.

Mix and spoon onto fresh bananas and strawberries.

* **Try Betty Crocker® Home Style Frosting Mix, Fluffy White.**

Desserts

Mousse

¼ cup skim milk + 1 Sachet **MCT Procal** + 1 tbsp fat free pudding mix.

Mix well and add ¼ cup fat free Cool Whip®.

Desserts

Desserts

Easy Dips

Yogurt Dip

1 tsp water + 1 sachet **MCT Procal** + 2 tbsp fat free vanilla yogurt + 2 tsp honey.

Mix well and dip apples or other fruits.

Chili Cheese Dip

1 tsp water + 1 sachet **MCT Procal** + 1 tbsp fat free chili + 1 slice fat free American cheese.

Mix and microwave 20 seconds. Dip baked tortillas, pretzels, or veggies.

Easy Dips

Cottage Cheese Dip

1 tsp water + 1 sachet **MCT Procal** + 2 tbsp fat free cottage cheese + 1 tsp onion soup mix.*

Mix well and dip your favorite steamed or fresh veggies.

Pizza Dip

2 tsp water + 1 sachet **MCT Procal** + 1 tbsp fat free pizza sauce + 1 slice fat free American cheese.

Mix and microwave for 10 seconds. Dip crackers or chips.

***Try Lipton® Onion Soup and Dip Mix**

Easy Dips

Ranch Dip

½ tsp of water + 1 sachet **MCT Procal** + 2 tbsp fat free ranch.

Mix, then dip your favorite raw or steamed veggies.

Taco Dip

1 tsp water + 1 sachet **MCT Procal** + 2 tbsp fat free sour cream + 1 tsp taco seasoning.*

Mix and dip your favorite veggies or baked chips.

*** Try McCormicks® taco seasoning**

Easy Dips

Condiments and More!

Condiments & More!

Condiments and More!

It's All About Choices

More Helpful Hints

Ways to Make Family Favorites Low Fat

Condiments and More!

It's All About Choices…

Adding **MCT Procal** to foods you already eat!

Start with…	Dissolve in…	Mix with…	Try
1 sachet **MCT Procal**	1/2 tsp water	2 tbsp **Ketchup**	Putting it on fat free hot dogs
1 sachet **MCT Procal**	1/2 tsp water	2 tbsp **Mustard**	
1 sachet **MCT Procal**		2 tbsp **BBQ Sauce**	Putting it on Veggie Burgers
1 sachet **MCT Procal**	1/2 tsp water	2 tbsp **fat free Mayo**	Mixing it with potatoes for potato salad

Condiments and More!

It's All About Choices...

Adding **MCT Procal** to foods you already eat!

Start with...	Dissolve in...	Mix with...	Try
1 sachet **MCT Procal**	1/2 tsp warm water	2 tbsp **Honey**	Mixing it into oatmeal
1 sachet **MCT Procal**	1/2 tsp warm water	2 tbsp **Soy Sauce**	Putting it on rice
1 sachet **MCT Procal**		1/4 tbsp **Salsa**	Dipping baked chips
1 sachet **MCT Procal**	1/4 tsp warm water	2 tbsp **Relish**	Putting it on a fat free hot dog
1 sachet **MCT Procal**		2 tbsp **Jelly**	Spreading on toast or pancakes

Condiments and More!

It's All About Choices...

Adding **MCT Procal** to foods you already eat!

Start with...	Dissolve in...	Mix with...	Try
1 sachet **MCT Procal**		2 Tbsp **fat free cream cheese**	Adding garlic salt to make a veggie dip
1 sachet **MCT Procal**	1 tsp water	2 Tbsp **fat free sour cream**	Adding ranch mix to make a veggie dip
1 sachet **MCT Procal**	1/2 tsp warm water	1/2 cup of **applesause**	Adding cinnamon
1 sachet **MCT Procal**		1/4 cup of **syrup**	Putting it on pancakes

Condiments and More!

It's All About Choices…

Adding **MCT Procal** to foods you already eat!

Start with…	Dissolve in…	Mix with…	Try
1 sachet **MCT Procal**		½ tbsp **fat free yogurt**	Different flavors
1 sachet **MCT Procal**	1 tsp warm water	2 tbsp **fat free salad dressing**	Using it as a dip, or eating it on salad
1 sachet **MCT Procal**	½ tsp skim milk	¼ cup of **fat free Cool Whip®**	Adding 2 tbsp prepared fat free instant pudding for a fast dessert
1 sachet **MCT Procal**		1 **fruit cup**	Putting it on pancakes

Condiments and More!

More Helpful Hints

- Mix 1 sachet **MCT Procal** into ½ cup of your favorite fat free pudding
- Mix 1 sachet with ½ cup of fat free milk for your cereal in the morning
- Mix 1 sachet with 3 tbsp chocolate syrup (Hershey's®), and 1 tsp water microwave it for 10 seconds and have hot fudge on your fat free ice cream
- Mix 1 sachet with ½ cup spaghetti sauce (Hunt's® or Contadina®) and eat on spaghetti
- Mix 1 sachet with 2 tsp skim milk and mix into ½ cup mashed potatoes
- Mix 1 sachet with 2 tsp fat free chicken broth and add to prepared rice

Condiments and More!

Ways to Make Family Favorites Low Fat

- Substitute evaporated skim milk for heavy cream
- Replace liquid fat (vegetable oil, melted butter, etc.) in baking recipes with yogurt, applesauce, fat free mayo
- Replace solid fat in baking recipes by using pureed fruits/vegetables (dates, prunes, beets, bananas) pureed black beans, unsweetened applesauce, or use fat free ricotta cheese
- Replace sour cream with fat free plain yogurt
- Bake instead of fry foods
- Replace butter in mashed potatoes and rice by using fat free broth

Condiments and More!

Ways to Make Family Favorites Low Fat

- Replace whole eggs with 2 egg whites. In baking, beat the egg whites and fold them in, this helps to counteract the denseness of fat free baked goods
- Use a soft wheat flour (pastry flour or cake flour) or potato flour in fat free baking, they have less gluten so require less fat of other tenderizing agents
- Replace pie crusts with phyllo dough

Condiments and More!

▶ *Developmental Stages*

Developmental Stages

Sources
2 Years of Age
3-4 Years of Age
5-6 Years of Age
7-8 Years of Age
8-10 Years of Age

Developmental Stages

Sources:

"Developmental Stages." American Academy of Pediatrics. June 2007. http://www.aap.org/healthtopics/stages.cfm

Schaefer, Charles E., and Theresa Foy DiGeronimo. Ages & Stages. New York: John Wiley & Sons, Inc., 2000.

Developmental Stages

2 Years of Age

Developmental	Application in the Kitchen
Toddlers are very interested in how things feel and work. Supervision! Watch what your child puts in his mouth. Toddlers love to imitate their parents, this includes household chores. According to the AAP a child of 2 can turn over containers to pour out contents.	Toddlers enjoy the feel and pliability of Play Doh®. Give them play dough to play with, they may not make anything, but will enjoy playing with it. 2 year olds want to do what their parents do in the kitchen, give them appropriate tasks. Your 2 year old can help you pour pre-measured liquids and solids.

Developmental Stages

3-4 Years of Age

Developmental	Application in the Kitchen
Children in this age group " understand the concept of counting and may know a few numbers." At 3-4 years muscle coordination is developing. 3 and 4 year olds "are ready, willing and able to learn about responsibility." Children this age are ready and willing to help, but need a little extra help from you.	Have them count out the amounts you put in ("one cup of flour… two cups of flour…"). They have enough muscle control to be able to wash fruits and vegetables, stir, and mash. Make sure your child washes their hands and have them help with clean up as well. Break down tasks into small steps, easy to understand steps… like "find the measuring cups." Do things together first, until child has mastered the task. Mix together, drop cookies onto sheet together.

Developmental Stages

5-6 Years of Age

Developmental	Application in the Kitchen
Muscle coordination is often uneven, but they are becoming more coordinated. Small muscles are developing rapidly. Attention span is short, only lasting about 15-20 minutes. Imagination is in full swing.	Good activities include; measuring ingredients, cutting soft foods with a dull knife, or peeling bananas or boiled eggs, and tossing salads. Make sure they have tasks that can be completed in short amounts of time. Stirring, measuring, etc. Give your 5-6 year old dough to sculpt with, let them come up with creative molds for baked goods and let them use cookie cutters to create their favorite shapes.

Developmental Stages

7-8 Years of Age

Developmental	Application in the Kitchen
Muscle coordination is almost equal with adult coordination. At this age children want to feel like they are contributing to the family.	They can do things like scoop cookies, beat ingredients with a whisk, and pour muffin and cake mixed into pans. Give them tasks that help them know they are contributing.

Developmental Stages

8-10 Years of Age

Developmental	Application in the Kitchen
Their coordination is very good. They have the ability to do most things. They understand what is happening and they want to contribute.	Use an oven under supervision, use a sharp knife under supervision, and stir sauces. Make sure children are well supervised. Teach them safe kitchen practices. Give them simple recipes that they can do on their own.

MCT Procal

MCTprocal

MCT Procal

MCT Procal

Product Information

MCTprocal

- High in medium chain triglycerides
  - 97% MCT per 16g sachet
- Contains protein and carbohydrate
- Can be added to a wide variety of hot or cold food and beverages
- Neutral tasting

Serving Suggestions*

Add one sachet per serving

- Skimmed Milk
- Water
- Juice
- Hot drinks - tea, coffee, & hot chocolate
- Low fat desserts or milky pudding
- Low fat yogurt
- Oatmeal
- Low fat syrup
- Mashed potatoes

* Dosage of MCT Procal™ is to be determined by the clinician or dietitian

A Neutral Tasting Power Containing Protein, Carbohydrate and Fat High in Medium Chain Triglycerides

Typical composition of dry powder		Per 100g	Per 16g sachet
Energy	kcal	657	105
	kJ	2742	439
Protein	g	12.5	2.0
Carbohydrate	g	20.6	3.3
Fat	g	63.1	10.1
Saturated	g	62.6	10
Monounsaturated	g	0.3	0
Polyunsaturated	g	0.2	0
LCT	g	0.9	0.1
MCT	g	62.2	10

Minerals

Sodium	mg, (mEq)	<245 (10.6)	<40 (1.7)
Potassium	mg, (mEq)	625 (16)	100 (2.6)
Chloride	mg, (mEq)	20 (0.6)	3.2 (0.1)
Calcium	mg	95	15
Phosphorus	mg	435	70
Magnesium	mg	<1	0.2

Fatty acids	Per 100g fatty acids	Fatty acids	Per 100g fatty acids
C6: 0g	1	C18: 0g	0.2
C8: 0g	54	C18: 1g	0.5
C10: 0g	39	C18: 2g	0.3
C12: 0g	0.5		

Contains milk protein and coconut oil

For more information on MCT Procal™ or to place an order, please call 1-888-VITAFLO or visit www.VitafloUSA.com

Vitaflo®

Innovation in Nutrition

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MCTprocal

The Children's Hospital

Inherited Metabolic Diseases Clinic,
Aurora, Colorado
With Support From VITAFLO

The Children's Hospital

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