**P**ediatric

16216 Baxter Road, Suite 230

Chesterfield, Missouri 63017

(636) 227-7337

Fax (636) 227-7330

www.pedsinc.com

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# **High Calorie Recipes**

## **Egg spread**

Cook 4 hard-boiled eggs

Spoon out the cooked egg yolk or fork mash entire egg

Mix with 1.5 Tablespoon of mayo

Add ¼ teaspoon mustard for a zing

Add pepper.

Spread on toast/crackers/bagel chips etc…

### Double Milk

½ gallon (32 oz.) whole milk

¾ cup non-fat dry milk

Serve as a beverage; you may need to shake before serving. Add to any recipe, which calls for milk, for instance Mac n cheese, scrambled egg etc….

### Peanut Butter Spread

2 Tablespoons of peanut butter

1 Tablespoon of non-fat dry milk

1 Tablespoon Honey *\*\* only for children over 1 year of age\*\**

### Yummy Pudding

2 cups whole milk

2 teaspoons veggie oil

1 pack vanilla instant pudding (or any flavor)

2 packages vanilla instant breakfast (or any flavor)

Add veggie oil to milk. Mix liquids, pudding and instant breakfast together following directions on pudding package.

*\*\*\*\*250 calories per ½ cup serving*