



Children's Hospital Zagreb

# Book of recipes



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***Adequate nutrition*** is one of the most *important*, but *often overlooked* factor in the treating EB.



**Poor nutritional status** of patients with EB is *directly related* to the *severity* of the disease symptoms.

**More severe forms** of the disease usually lead to a greater *nutritional deficiency* and *malnutrition*.

- Nutritional supplements!
- “Natural” – home made dish
  - important psychological aspect of patient’s life
  - meals prepared at home are tastier
  - every day social activity

### **Meals should ensure**

great amount of required energy, but also micronutrients and macronutrients necessary for growth, development and recovery.



# Book of recipes

Practical, culinary interesting and nutritionally rich recipes.

Designed to provide meal rich with energy and protein.

Ideas for new tasty dishes or ideas how to enrich your daily dishes.

Variety of foods – intake of the necessary macronutrients and micronutrients.







Put all ingredients in a bowl and mix well. In the heated pan with little oil pour about 1 tbsp of the pancake mixture and bake on low heat on each side for about a minute. Serve with spread (chocolate spread, peanut butter, marmalade, etc.).

## Buckwheat pancakes

(4 servings)

*Energy value  
per serving  
cca. **525 kcal***

### Ingredients:

**125 g buckwheat flour**  
**1 egg**  
**100 ml whole milk**  
**50 ml whole cream**  
**50 ml carbonated  
mineral water**  
**1 tsp sugar**  
**pinch of salt**

*MACRONUTRIENTS (values per serving)*    **PROTEINS 7.3 g**    **FATS 12.1 g**    **CARBOHYDRATES 31.5**



Energy value  
per serving  
cca. **265 kcal**

## Winter soup (2 servings)

### Ingredients:

**150 g beetroot**  
**100 g cauliflower**  
**1 medium carrot**  
**1 small kohlrabi**  
**120 ml cooking cream**  
**30 g whole milk powder**



Heat the olive oil in a stockpot, add the carrots, kohlrabi, potatoes and water. After 5 minutes, add the sliced beets and cook it for another 20 minutes. Blend it well with hand blender, add cooking cream and milk powder. Spice as desired and let it boil.

**MACRONUTRIENTS** (values per serving)

**PROTEINS** 8.4 g

**FATS** 18.4 g

**CARBOHYDRATES** 17.9 g



Energy value  
per serving  
cca. **505 kcal**

## Chicken boats (4 servings)



### Ingredients:

**4 large chicken breasts**  
**350 g spinach**  
**500 g whole cottage cheese**  
**200 g hard cheese**

Saute spinach in the olive oil. When slightly cooled mix it with cottage cheese and salt. Chicken cut up the middle to make a "pocket" for filling. Fill each "pocket" with a mixture of cottage cheese and spinach and sprinkle with olive oil. Put in a baking dish, cover with aluminum foil and bake in the oven at 180 ° C for 20 min, then remove the foil and bake another 10 minutes. At the end sprinkle with grated cheese. Serve with a side dish of your choice.

**MACRONUTRIENTS** (values per serving)    **PROTEINS** 62.1 g    **FATS** 28.7 g    **CARBOHYDRATES** 4.1 g

# Love banana ice cream

(2 servings)

## Ingredients:

**2 bananas**

**30 g peanut butter**

**2 tbsp honey**

*Energy value  
per serving  
cca. **190 kcal***

*MACRONUTRIENTS (values per serving)*

**PROTEINS 5.7 g**

**FATS 6.4 g**

**CARBOHYDRATES 26.5**

Peel and chop the bananas, put them on plate or in a plastic bag and freeze them for 2 hours. Put frozen bananas into the blender and blend it well until you have thick, creamy mixture.

Add peanut butter and honey into bananas and blend it well.





# Magic potion (2 servings)

## Ingredients:

**2 kiwi**  
**1 banana**  
**1 apple**  
**1 cup fresh spinach**  
**200 ml whole yogurt**  
**20 g whole milk powder**  
**2 tbsp ground flex seeds**



*Energy value  
per serving  
cca. **250 kcal***

*MACRONUTRIENTS  
(values per serving)*

**PROTEINS 10.7 g**

**FATS 8.6 g**

**CARBOHYDRATES 32.6 g**

Peel and chop kiwi, banana and apple. Put all ingredients in a blender, top with water and blend until smooth.

