

Enjoy these delicious Kate Farms recipes

These recipes are based on a Kate Farms formula with the addition of widely available wholesome ingredients.



Kale Avocado

1 tsp vanilla extract
1 handful kale
1/3 cup frozen pineapple chunks
1/2 cup ripe avocado
1/2 cup sliced green apple (with skin)
optional: 1/2 cup ice
1 carton Kate Farms formula



Blueberry Veggie

1/2 cup blueberries
3/4 cup peeled zucchini
1 handful spinach
1/2 cup uncooked oats
1 tbsp hemp seeds
optional: 1/2 cup ice
1 carton Kate Farms formula



Berry Green

1/2 cup whole raspberries
2 tbsp whole blueberries
4 whole strawberries, sliced
1 handful spinach
1 handful kale
1/2 banana
1 carton Kate Farms formula



Gingerbread Cookie

4 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp ground ginger
1/2 tsp ground cloves
2 tsp vanilla extract
optional: 1/2 cup ice
1 carton Kate Farms formula

Directions:

Add ingredients to blender. Pulse until completely blended.

	calories / g protein	calories / g protein	calories / g protein	calories / g protein
Base recipe without formula	443 / 12	340 / 13	120 / 1.5	71 / 0.5
Recipe with:				
Pediatric Standard 1.2 - Vanilla/Chocolate	743 / 24	640 / 25	420 / 13.5	371 / 12.5
Pediatric Peptide 1.0 - Vanilla	693 / 21	590 / 22	370 / 10.5	321 / 9.5
Pediatric Peptide 1.5 - Vanilla/Plain	818 / 25	715 / 26	495 / 14.5	446 / 13.5
Standard 1.0 - Vanilla/Chocolate/Plain	768 / 28	665 / 29	445 / 17.5	396 / 16.5
Standard 1.4 - Vanilla/Chocolate/Plain	898 / 32	795 / 33	575 / 21.5	526 / 20.5
Peptide 1.0 - Vanilla/Plain	768 / 28	665 / 29	445 / 17.5	396 / 16.5
Peptide 1.5 - Vanilla/Plain	943 / 36	840 / 37	620 / 25.5	571 / 24.5



Chai Spice

⅛ tsp each: ground nutmeg,
 cloves, cinnamon
 ½ tsp ground cardamom
 1 small pinch black pepper
 ½ tsp fresh, finely chopped
 ginger
 optional: 1 cup ice
 optional: 1 cup brewed black tea
 1 carton Kate Farms formula



SunButter Cup

4 tbsp SunButter
 ½ cup ripe avocado
 1 tbsp hemp seeds
 1 medium banana
 chocolate (see options to right)
 optional: ½ cup ice
 1 carton Kate Farms formula



Chocolate Orange Zest

2 tbsp orange juice
 zest of ½ orange
 1 handful spinach
 chocolate (see options to right)
 optional: 1 cup ice
 1 carton Kate Farms formula

For chocolate flavor,
 when using a plain or
 vanilla formula, try
 adding any of these*:

Unsweetened cocoa powder
 Add 1 tbsp mixed into 3
 tbsp warm water before
 adding to formula.
 + 12 kcal / 1 g protein

**Ghirardelli Sweet Ground
 Cocoa**
 Add 1 tbsp to formula.
 + 35 kcal / 0.5 g protein

HERSHEY'S Simply 5 Syrup
 Add 1 tbsp to formula.
 +45 kcal / 0 g protein



	calories / g protein	calories / g protein	calories / g protein
Base recipe without formula	negligible	704 / 34	21 / 1
Recipe with:			
Pediatric Standard 1.2 - Vanilla/Chocolate	300 / 12	1004 / 46	321 / 13
Pediatric Peptide 1.0 - Vanilla	250 / 9	954 / 43	271 / 10
Pediatric Peptide 1.5 - Vanilla/Plain	375 / 13	1079 / 47	396 / 14
Standard 1.0 - Vanilla/Chocolate/Plain	325 / 16	1029 / 50	346 / 17
Standard 1.4 - Vanilla/Chocolate/Plain	455 / 20	1159 / 54	476 / 21
Peptide 1.0 - Vanilla/Plain	325 / 16	1029 / 50	346 / 17
Peptide 1.5 - Vanilla/Plain	500 / 24	1204 / 58	521 / 25

*Kate Farms formulas do not contain common allergens. When adding additional ingredients, check the manufacturer label for possible allergens.
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