Delicious and easy ways to enjoy EleCare® Jr Recipes
EleCare® and EleCare® Jr are specifically formulated for patients who need amino acid-based nutrition therapy

Easily accessible
Available through HMEs, pharmacies, online at retailer websites, or find a retail store location at EleCare.com

Insurance coverage of EleCare or EleCare Jr may be available for your patients:

- There is a growing list of states that have mandated elemental formula coverage to help support families with children needing medical nutrition such as EleCare and EleCare Jr.*
- WIC-eligible† in 48 states, regardless of who holds the WIC state formula contract.
- Medicaid – Some Medicaid plans will cover elemental formulas. Each state plan establishes its own criteria for coverage of elemental formulas.

To learn if your patients have coverage for EleCare or EleCare Jr, contact the Abbott Nutrition PATHWAY Reimbursement Support Program at 1-800-558-7677 or visit www.pathwayreimbursement.com.

Self-funded health plans are not subject to state insurance mandates.

* The coverage requirements of each state’s insurance mandate all vary and may not apply to all insurance plans.

† Visit your state’s WIC website for additional information on allowable products and conditions. WIC is a service mark of the US Department of Agriculture and an abbreviation for the Special Supplemental Nutrition Program for Women, Infants, and Children. No endorsement of any brand or product by the USDA is implied or intended. Excludes Washington and Arkansas.
Very Cherry

Serves 1 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Vanilla
• 4 ounces chilled cherry juice, divided
• 1/2 cup frozen pitted tart or dark cherries
• 2 tablespoons tart cherry jam
• 4 ice cubes

Directions

• Pour 2 ounces cherry juice into a bottle with a fitted lid.
• Add EleCare Jr Vanilla; seal with lid and shake well.
• To the jar of a blender, add remaining 2 ounces cherry juice, cherries, jam, and ice and blend on high until mixture is smooth.
• Add icy puree to the EleCare Jr Vanilla and shake well.
• Serve immediately.

Nutritional values are approximate and will vary based on brands, quantities, and substitutions. Use under medical supervision. Please consult your physician or dietitian to determine if recipes and ingredients are appropriate for your child. These recipes are intended to provide possible alternatives for your child and should not be considered as medical advice.

Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Blue-Razz Puree

Serves 1 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Vanilla
• 4 ounces chilled apple juice
• 1/2 cup frozen blueberries, unsweetened
• 2 tablespoons all fruit (no sugar added) seedless raspberry jam
• 4 ice cubes

Directions

• Pour 2 ounces apple juice into a bottle with a fitted lid.
• Add EleCare Jr Vanilla; seal with lid and shake well.
• To the jar of a blender, add remaining 2 ounces apple juice, blueberries, jam, and ice and blend on high until mixture is smooth.
• Add icy puree into the EleCare Jr Vanilla and shake well.
• Serve immediately.

NUTRITION FACTS:

Calories . . . . . . . . . . . . . . . . . . . . . 364
Carbohydrate, grams . . . . . . . . . . . . . 65
Protein, grams . . . . . . . . . . . . . . . . . . 6
Fat, grams . . . . . . . . . . . . . . . . . . . . . 9

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Grape Gulp
Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients
• 4 unpacked scoops EleCare® Jr Vanilla
• 4 ounces chilled Concord grape juice, divided
• 2 tablespoons frozen concentrate Concord grape juice
• 1 tablespoon all fruit (no sugar added) Concord grape jam
• 4-5 ice cubes

Directions
• Pour 2 ounces grape juice into a bottle with a fitted lid.
• Add EleCare Jr Vanilla; seal with lid and shake well.
• To the jar of a blender, add remaining 2 ounces grape juice, grape juice concentrate, jam, and ice and blend on high until mixture is smooth.
• Add icy puree to the EleCare Jr Vanilla and shake well.
• Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Ingredients
• 4 unpacked scoops EleCare® Jr Vanilla
• 4 ounces chilled apple juice
• 2 tablespoons fresh lemon juice
• 4-6 ice cubes

Directions
• Pour 2 ounces apple juice into a bottle with a fitted lid.
• Add EleCare Jr Vanilla; seal with lid and shake well.
• To the jar of a blender, add remaining 2 ounces apple juice, lemon juice, and ice; blend on high until mixture is smooth.
• Add icy puree into the EleCare Jr Vanilla and shake well.
• Serve immediately.

Lemon Crush
Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Peppermint Patty

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops EleCare® Jr Vanilla
- 4 ounces chilled vanilla rice milk, divided
- 2-3 tablespoons dark chocolate syrup
- 1/4 teaspoon vanilla extract
- Scant 1/4 teaspoon peppermint extract, or to taste
- 4 ice cubes

Directions

- Pour 2 ounces rice milk into a bottle with a fitted lid.
- Add EleCare Jr Vanilla; seal with lid and shake well.
- To the jar of a blender, add remaining 2 ounces rice milk, chocolate syrup, vanilla, peppermint extract, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories ....................... 354
Carbohydrate, grams .............. 58
Protein, grams .................. 6
Fat, grams ...................... 10

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Pineapple Coconut Freeze

Serves 1 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Vanilla
• 2 ounces chilled apple juice
• 2 ounces chilled vanilla rice milk
• 1/8 teaspoon coconut extract, or to taste
• 1/2 cup frozen pineapple pieces, unsweetened
• 4 ice cubes

Directions

• Pour apple juice into a bottle with a fitted lid.
• Add EleCare Jr Vanilla; seal with lid and shake well.
• To the jar of a blender, add rice milk, coconut extract, pineapple pieces, and ice; blend on high until mixture is smooth.
• Add icy puree into the EleCare Jr Vanilla and shake well.
• Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Peachy Pear Slush

Serves 1 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Vanilla
• 3 ounces chilled apple juice, divided
• One 4-ounce container diced pears with juice, frozen
• 1/2 cup frozen peach slices, unsweetened
• 4 ice cubes

Directions

• Pour 2 ounces apple juice into a bottle with a fitted lid.
• Add EleCare Jr Vanilla; seal with lid and shake well.
• To the jar of a blender, add the remaining 1 ounce apple juice, frozen pears in their juice, and peaches; blend on high until mixture is smooth.
• Add icy puree into the EleCare Jr Vanilla and shake well.
• Serve immediately.

NUTRITION FACTS:
Calories . . . . . . . . . . . . . . . . . . . . . 345
Carbohydrate, grams . . . . . . . . . . . . 62
Protein, grams . . . . . . . . . . . . . . . . . . 7
Fat, grams . . . . . . . . . . . . . . . . . . . . . 9

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Apple Pie Purée

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients
- 4 unpacked scoops EleCare® Jr Vanilla
- ½ cup apple juice
- 1 tablespoon apple butter
- ½ teaspoon cinnamon
- 4 ice cubes

Directions
- Pour all ingredients into a blender with fitted lid.
- Blend on high speed until mixture is smooth.
- Serve immediately.

NUTRITION FACTS:
- Calories: 268
- Carbohydrate, grams: 41
- Protein, grams: 5
- Fat, grams: 9

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Pumpkin Pie Pudding

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Vanilla
• 1 cup Original Rice Dream®
• 4 teaspoon rice starch
• ½ cup pumpkin purée
• 1 tablespoon pure maple syrup
• ½ teaspoon pumpkin pie spice

Directions

• In a small sauce pan over medium heat bring Rice Dream to a boil.
• Sprinkle in rice starch while stirring constantly. Continue stirring until mixture is very thick.
• Remove mixture from heat and place contents in a bowl.
• Add remaining ingredients and stir until combined.
• Refrigerate or serve warm.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
**Pumpkin Spice Smoothie**

*Serves 1-2 — Makes approx 12 oz — Recipes are for ages 1 and up*

**Ingredients**
- 4 unpacked scoops EleCare® Jr Vanilla
- ½ cup pumpkin purée
- 1 cup Original Rice Dream®
- 1 tablespoon pure maple syrup
- ½ teaspoon pumpkin pie spice

**Directions**
- Pour all ingredients into a blender with fitted lid.
- Blend on high speed until mixture is smooth.
- Serve immediately.

**NUTRITION FACTS:**
- Calories: 398
- Carbohydrate, grams: 65
- Protein, grams: 7
- Fat, grams: 11

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Banana-Berry Jam

Serves 1 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops EleCare® Jr Unflavored
- 2 ounces chilled apple juice
- 1/2 cup frozen sliced strawberries, unsweetened
- 1/2 peeled and diced kiwi, frozen
- 1/2 banana, sliced and frozen
- 2 tablespoons strawberry-flavored syrup
- 2-3 ice cubes

Directions

- Pour apple juice into a bottle with a fitted lid.
- Add EleCare Jr Unflavored; seal with lid and shake well.
- To the jar of a blender add the strawberries, kiwi, banana, syrup, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Unflavored and shake well.
- Serve immediately.

NUTRITION FACTS:

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Apple Island Dream

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops EleCare® Jr Unflavored
- 2 ounces chilled apple juice
- 2 ounces chilled orange juice
- Scant 1/8 teaspoon banana extract
- 1/2 banana, sliced and frozen
- 2-3 ice cubes

Directions

- Pour apple juice into a bottle with a fitted lid.
- Add EleCare Jr Unflavored; seal with lid and shake well.
- To the jar of a blender, add the orange juice, banana extract, frozen banana, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Unflavored and shake well.
- Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Choco-Butter Freeze

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Chocolate
• 1/2 cup Rice Dream™ Original Rice Drink
• 1 tablespoon dark chocolate syrup
• 1 tablespoon SunButter® sunflower butter
• 4 ice cubes

Directions

• Pour all ingredients into a blender with a fitted lid.
• Blend on high until mixture is smooth.
• Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Cocoa-Berry Blast

Serves 1 — Makes approx 16 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Chocolate
• 1 cup fresh or frozen raspberries
• 1/2 cup Rice Dream™ Original Rice Drink
• 4 ice cubes

Directions

• Pour all ingredients into a blender with a fitted lid.
• Blend on high until mixture is smooth.
• Serve immediately.

NUTRITION FACTS:

Calories . . . . . . . . . . . . . . . . . . . . . 276
Carbohydrate, grams . . . . . . . . . . . . 44
Protein, grams . . . . . . . . . . . . . . . . . . 6
Fat, grams . . . . . . . . . . . . . . . . . . . . 11

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Double Chocolate

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Chocolate
• 1/2 cup Rice Dream™ Original Rice Drink
• 1 tablespoon dark chocolate syrup
• 4 ice cubes

Directions

• Pour all ingredients into a blender with a fitted lid.
• Blend on high until mixture is smooth.
• Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Chocolate Sunshine

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Chocolate
• 1/2 cup Rice Dream™ Original Rice Drink
• 1 tablespoon dark chocolate syrup
• 1/4 teaspoon orange extract
• 4 ice cubes

Directions

• Pour all ingredients into a blender with a fitted lid.
• Blend on high until mixture is smooth.
• Serve immediately.

NUTRITION FACTS:

Calories ......................... 257
Carbohydrate, grams ........... 40
Protein, grams .................... 6
Fat, grams ........................ 9

EleCare Jr Chocolate is for ages 1 and up.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Chocolate SB&J

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Chocolate
• 1/2 cup cold water
• 2 tablespoons strawberry jam
• 1 tablespoon SunButter® sunflower butter
• 4 ice cubes

Directions

• Pour all ingredients into a blender with a fitted lid.
• Blend on high until mixture is smooth.
• Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Chocolate-Mint Fusion

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Chocolate
• 1/2 cup Rice Dream™ Original Rice Drink
• 1 tablespoon dark chocolate syrup
• 1/4 teaspoon peppermint extract
• 4 ice cubes

Directions

• Pour all ingredients into a blender with a fitted lid.
• Blend on high until mixture is smooth.
• Serve immediately.

NUTRITION FACTS:

Calories . . . . . . . . . . . . . . . . . . . . . . 357
Carbohydrate, grams . . . . . . . . . . . . 44
Protein, grams . . . . . . . . . . . . . . . . . . 9
Fat, grams . . . . . . . . . . . . . . . . . . . . . 17

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Chocolate Tropical Sun

Serves 1 — Makes approx 16 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Chocolate
• 1 cup Rice Dream™ Original Rice Drink
• 1 banana, sliced
• 1 tablespoon dark chocolate syrup
• 1 tablespoon SunButter® sunflower butter
• 4 ice cubes

Directions

• Pour all ingredients into a blender with a fitted lid.
• Blend on high until mixture is smooth.
• Serve immediately.

NUTRITION FACTS:

Calories: 491
Carbohydrate, grams: 70
Protein, grams: 10
Fat, grams: 19

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Chocolate Circus Shake

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients
• 4 unpacked scoops EleCare® Jr Chocolate
• 4 ounces rice milk
• 1 tablespoon chocolate syrup
• 1 tablespoon Sunbutter® sunflower butter
• 1/2 teaspoon pure vanilla extract
• 6 ice cubes

Directions
• To the jar of a blender, add rice milk and Elecare Jr Chocolate.
• Seal with the lid and blend for 20 seconds.
• Add remaining ingredients and blend 30 to 40 seconds until smooth.
• Serve immediately.
• Shake well before serving.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.

EleCare Jr Chocolate is for ages 1 and up.
Chocolate-Banana Smoothie

Serves 1 — Makes approx 8 oz — Recipes are for ages 1 and up

Ingredients
- 4 unpacked scoops EleCare® Jr Chocolate
- 3 ounces rice milk
- 1 medium banana, sliced and frozen
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon pure vanilla extract
- 6 ice cubes

Directions
- To the jar of a blender, add rice milk and Elecare Jr Chocolate.
- Seal with the lid and blend for 20 seconds.
- Add remaining ingredients and blend 30 to 40 seconds until smooth.
- Serve immediately.
- Shake well before serving.

NUTRITION FACTS:
Calories ................. 329
Carbohydrate, grams .... 57
Protein, grams ........... 8
Fat, grams ............... 10

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Chocolate Pudding
Serves 1 — Makes approx 1/2 cup — Recipes are for ages 1 and up

Ingredients
- 4 unpacked scoops EleCare® Jr Chocolate
- 2 ounces rice milk
- 2 tablespoons fresh avocado
- 2 tablespoons chocolate syrup
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon pure vanilla extract
- 3 ice cubes

Directions
- To the jar of a blender, add rice milk and Elecare Jr Chocolate.
- Seal with the lid and blend for 20 seconds.
- Add remaining ingredients and blend 30 to 40 seconds until smooth.
- Serve immediately.

Nutritional values are approximate and will vary based on brands, quantities, and substitutions. Use under medical supervision. Please consult your physician or dietitian to determine if recipes and ingredients are appropriate for your child. These recipes are intended to provide possible alternatives for your child and should not be considered as medical advice.

Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Tropical Banana Blend

Serves 1-2 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients

• 4 unpacked scoops EleCare® Jr Banana
• ½ cup frozen tropical fruit
• ½ cup mango juice
• 4 ice cubes

Directions

• Pour all ingredients into a blender with fitted lid.
• Blend on high speed until mixture is smooth.
• Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Pineapple Orange Banana Burst

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients
- 4 unpacked scoops EleCare® Jr Banana
- ½ cup chilled water
- 1 tablespoon pineapple-orange juice concentrate
- 4 ice cubes

Directions
- Pour all ingredients into a blender with fitted lid.
- Blend on high speed until mixture is smooth.
- Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Banana Butter Blast

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- ½ cup Original Rice Dream®
- 1 tablespoon Sunbutter® sunflower butter
- 4 ice cubes

Directions

- Pour all ingredients into a blender with fitted lid.
- Blend on high speed until mixture is smooth.
- Serve immediately.

NUTRITION FACTS:

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**Banana-BOM (Banana Orange Mango)**

* Serves 1 — Makes approx 12 oz — Recipes are for ages 1 and up

**Ingredients**
- 4 unpacked scoops EleCare® Jr Banana
- ½ cup undrained mandarin oranges in juice
- ½ cup mango juice
- 4 ice cubes

**Directions**
- Pour all ingredients into a blender with fitted lid.
- Blend on high speed until mixture is smooth.
- Serve immediately.

**NUTRITION FACTS:**
- Calories ......................... 317
- Carbohydrate, grams ............ 51
- Protein, grams ................... 6
- Fat, grams ......................... 8

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EleCare Jr Banana is for ages 1 and up.
**Triple-Berry Banana**

*Serves 1-2 — Makes approx 12 oz — Recipes are for ages 1 and up*

**Ingredients**
- 4 unpacked scoops EleCare® Jr Banana
- ½ cup frozen mixed berries
- ½ cup apple juice
- 4 ice cubes

**Directions**
- Pour all ingredients into a blender with fitted lid.
- Blend on high speed until mixture is smooth.
- Serve immediately.

**NUTRITION FACTS:**

- Calories: 272
- Carbohydrate, grams: 41
- Protein, grams: 5
- Fat, grams: 8

Nutritional values are approximate and will vary based on brands, quantities, and substitutions. **Use under medical supervision.** Please consult your physician or dietitian to determine if recipes and ingredients are appropriate for your child. These recipes are intended to provide possible alternatives for your child and should not be considered as medical advice.

Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Tropical Island Ice

Serves 1 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients
- 4 unpacked scoops EleCare® Jr Banana
- ½ cup undrained pineapple in juice
- ½ cup pineapple juice
- ½ teaspoon coconut flavoring
- 4 ice cubes

Directions
- Pour all ingredients into a blender with fitted lid.
- Blend on high speed until mixture is smooth.
- Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Banana Soft Serve
Serves 1 — Makes approx 8 oz — Recipes are for ages 1 and up

Ingredients
• 4 unpacked scoops EleCare® Jr Banana
• 2 oz rice milk
• 1 medium banana, sliced and frozen
• ½ teaspoon pure vanilla extract
• 4 ice cubes

Directions
• To the jar of a blender, add rice milk and Elecare Jr Banana.
• Seal with the lid and blend for 20 seconds.
• Add the remaining ingredients and blend 30-40 seconds until smooth.
• Serve immediately.

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Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Banana–Strawberry Smoothie

Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients
• 4 unpacked scoops EleCare® Jr Banana
• 4 oz rice milk
• ½ medium banana, sliced and frozen
• ¾ cup unsweetened sliced frozen strawberries
• ½ tablespoon strawberry syrup
• 3 ice cubes

Directions
• To the jar of a blender, add rice milk and Elecare Jr Banana.
• Seal with the lid and blend for 20 seconds.
• Add the remaining ingredients and blend 30-40 seconds until smooth.
• Serve immediately.

Nutritional values are approximate and will vary based on brands, quantities, and substitutions. Use under medical supervision. Please consult your physician or dietitian to determine if recipes and ingredients are appropriate for your child. These recipes are intended to provide possible alternatives for your child and should not be considered as medical advice.

Make sure all utensils and appliances are cleaned to avoid cross-contact from other foods.
Use under medical supervision. Please consult your physician or dietitian to determine if recipes and ingredients are appropriate for your child. These recipes are intended to provide possible alternatives for your child and should not be considered as medical advice. Nutritional values are approximate and will vary based on brands, quantities, and substitutions. Recipes are for ages 1 and up.