

Apple Island Dream

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

Ingredients

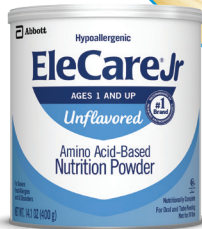
- 4 unpacked scoops **EleCare® Jr Unflavored**
- 2 ounces chilled apple juice
- 2 ounces chilled orange juice
- Scant 1/8 teaspoon banana extract
- 1/2 banana, sliced and frozen
- 2-3 ice cubes

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.

NUTRITION FACTS:

Calories	339
Carbohydrate, grams	59
Protein, grams	6
Fat, grams	9



EleCare Jr Unflavored is for ages 1 and up.

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.

