

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:

Calories	413
Carbohydrate, grams	79
Protein, grams	7
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 dietician 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.

