

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
- 1/2 medium banana, sliced and frozen
- 3/4 cup unsweetened sliced frozen strawberries
- 1/2 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.

NUTRITION FACTS:

Calories	325
Carbohydrate, grams	52
Protein, grams	7
Fat, grams	10



EleCare Jr Banana 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.

