

Blue-Razz Puree

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

Ingredients

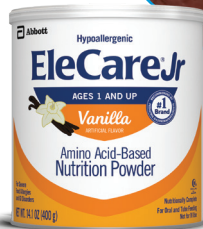
- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 ounces chilled apple juice
- 1/2 cup frozen blueberries, unsweetened
- 2 tablespoons all fruit (no sugar added) seedless raspberry jam
- 4 ice cubes

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



EleCare Jr Vanilla 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.

