

# 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



EleCare Jr Chocolate 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.

