

Chocolate Circus Shake

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

Ingredients

- 4 unpacked scoops **EleCare® Jr Chocolate**
- 4 ounces rice milk
- 1 tablespoon chocolate syrup
- 1 tablespoon Sunbutter® sunflower butter
- 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	327
Carbohydrate, grams	45
Protein, grams	10
Fat, grams	18



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 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.

