

Chocolate Pudding

Serves 1 – Makes approx 1/2 cup – Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops **EleCare® Jr Chocolate**
- 2 ounces rice milk
- 2 tablespoons fresh avocado
- 2 tablespoons chocolate syrup
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon pure vanilla extract
- 3 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.

NUTRITION FACTS:

Calories	369
Carbohydrate, grams	54
Protein, grams	8
Fat, grams	14



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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.

