



Banana Blast

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



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz rice milk, divided
- 1/2 medium banana, sliced and frozen
- 1/4 teaspoon imitation banana extract
- 4 ice cubes

DIRECTIONS

- Pour 2 fl oz rice milk into a bottle/cup with a fitted lid.
- Add EleCare Jr Vanilla; seal with lid and shake well.
- To the jar of a blender, add remaining 2 fl oz rice milk, banana, banana extract, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories.....	369
Carbohydrate, grams	61
Protein, grams	9
Fat, grams.....	10

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.