



Grape Gulp

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



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz chilled Concord grape juice, divided
- 2 tablespoons frozen concentrate Concord grape juice
- 1 tablespoon all fruit (no sugar added) Concord grape jam
- 4-5 ice cubes

DIRECTIONS

- Pour 2 fl oz grape 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 fl oz grape juice, grape juice concentrate, jam, and ice and blend on high until mixture is smooth.
- Add icy puree to the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories.....	303
Carbohydrate, grams	50
Protein, grams	6
Fat, grams.....	9

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.