



Pumpkin Pie Pudding

Serves 1 – Makes approx 9 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 1 cup rice milk
- 4 teaspoons rice starch
- 1/2 cup pumpkin puree
- 1 tablespoon pure maple syrup
- 1/2 teaspoon pumpkin pie spice

DIRECTIONS

- In a small sauce pan over medium heat, bring rice milk to a boil.
- Sprinkle in rice starch while stirring constantly; continue stirring until mixture is very thick.
- Remove mixture from heat and place contents in a bowl; cool to room temperature
- Add remaining ingredients and stir until combined.
- Serve immediately.

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.

NUTRITION FACTS:

Calories.....	378
Carbohydrate, grams	62
Protein, grams	7
Fat, grams.....	10