

# Pumpkin Spice Smoothie

Serves 1-2 – Makes approx 12 oz

Recipes are for ages 1 and up



## INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 1/2 cup pumpkin puree
- 8 fl oz rice milk, divided
- 1 tablespoon pure maple syrup
- 1/2 teaspoon pumpkin pie spice

## DIRECTIONS

- Pour 4 fl oz of rice milk 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 4 fl oz rice milk, pumpkin puree, maple syrup, and pumpkin pie spice; blend on high until mixture is smooth.
- Add puree into the EleCare Jr Vanilla and shake well.
- 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.....	398
Carbohydrate, grams.....	65
Protein, grams.....	7
Fat, grams.....	11