

Lemon Crush

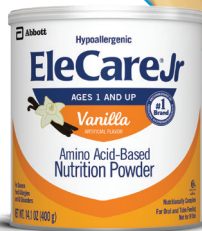
Serves 1 — Makes approx 9 oz — Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 ounces chilled apple juice
- 2 tablespoons fresh lemon juice
- 4-6 ice cubes

Directions

- Pour 2 ounces apple 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 ounces apple juice, lemon juice, and ice; blend on high until mixture is smooth.
- Add icy puree into the **EleCare Jr Vanilla** and shake well.
- Serve immediately.



EleCare Jr Vanilla
is for ages 1 and up.

NUTRITION FACTS:

Calories	343
Carbohydrate, grams	56
Protein, grams	6
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.

