

Pineapple Coconut Freeze

Serves 1 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients

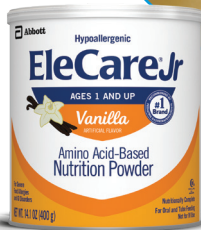
- 4 unpacked scoops **EleCare® Jr Vanilla**
- 2 ounces chilled apple juice
- 2 ounces chilled vanilla rice milk
- 1/8 teaspoon coconut extract, or to taste
- 1/2 cup frozen pineapple pieces, unsweetened
- 4 ice cubes

Directions

- Pour 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 rice milk, coconut extract, pineapple pieces, 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	322
Carbohydrate, grams	53
Protein, grams	6
Fat, grams	9



EleCare Jr Vanilla is for ages 1 and up.

Nutritional values are approximate and will vary based on brands, quantities, and substitutions. **Use under medical supervision.** Please consult your physician or dietician 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.

