

# Pumpkin Pie Pudding

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

## Ingredients

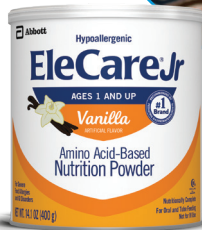
- 4 unpacked scoops **EleCare® Jr Vanilla**
- 1 cup Original Rice Dream®
- 4 teaspoon rice starch
- 1/2 cup pumpkin purée
- 1 tablespoon pure maple syrup
- 1/2 teaspoon pumpkin pie spice

## Directions

- In a small sauce pan over medium heat bring Rice Dream 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.
- Add remaining ingredients and stir until combined.
- Refrigerate or serve warm.

## NUTRITION FACTS:

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



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.

