

Pumpkin Spice Smoothie

Serves 1-2 — Makes approx 12 oz — Recipes are for ages 1 and up

Ingredients

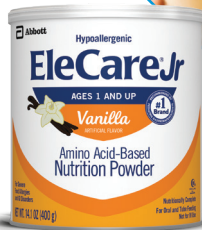
- 4 unpacked scoops **EleCare® Jr Vanilla**
- 1/2 cup pumpkin purée
- 1 cup Original Rice Dream®
- 1 tablespoon pure maple syrup
- 1/2 teaspoon pumpkin pie spice

Directions

- Pour all ingredients into a blender with fitted lid.
- Blend on high speed until mixture is smooth.
- Serve immediately.

NUTRITION FACTS:

Calories	398
Carbohydrate, grams	65
Protein, grams	7
Fat, grams	11



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.

