

# Apple Island Dream

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up



## INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Unflavored**
- 2 fl oz chilled apple juice
- 2 fl oz chilled orange juice
- Scant 1/8 teaspoon imitation banana extract
- 1/2 banana, sliced and frozen
- 2-3 ice cubes

## DIRECTIONS

- Pour apple juice into a bottle with a fitted lid.
- Add EleCare Jr Unflavored; seal with lid and shake well.
- To the jar of a blender, add the orange juice, banana extract, frozen banana, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Unflavored 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.....	339
Carbohydrate, grams .....	60
Protein, grams .....	6
Fat, grams.....	8