

Lemon Crush

Serves 1 – Makes approx 9 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz chilled apple juice, divided
- 2 tablespoons fresh lemon juice
- 4-6 ice cubes

DIRECTIONS

- Pour 2 fl oz 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 fl oz apple juice, lemon juice, and ice; blend on high until mixture is smooth.
- Add icy puree to the EleCare Jr Vanilla 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.....	343
Carbohydrate, grams	57
Protein, grams	6
Fat, grams.....	9