

# Pineapple Coconut Freeze

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



## INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 2 fl oz chilled apple juice
- 2 fl oz 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 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.....	322
Carbohydrate, grams.....	53
Protein, grams.....	6
Fat, grams.....	9