



EleCare[®] Jr

Recipes

Easy and tasty recipes using EleCare[®] Jr
for children ages 1 and up.

EleCare Jr has DHA and lutein!



Give your child a **nutritionally complete formula** recommended by healthcare providers

EleCare® Jr is a nutritionally complete amino acid-based medical food for children ages 1 and older who cannot tolerate intact or hydrolyzed protein.



For Children Ages 1 and Up



IMPROVES SYMPTOMS*



WELL-TOLERATED*

in patients who cannot tolerate intact or hydrolyzed protein^{1,*}



SUPPORTS GROWTH*

when used as a primary source of nutrition^{1,*}

* Study conducted with a previous formulation of EleCare Unflavored without DHA/ARA.

Reference: 1. Sicherer SH, et al. *J Pediatr*. 2001;138:688-693.

Insurance coverage support **starts here**

EleCare® and EleCare® Jr products may be eligible for insurance coverage. Our Pathway Plus* specialists can help you navigate this process. Visit **pathwayreimbursement.com** or scan below for more details.



* Each healthcare provider is ultimately responsible for verifying codes, coverage, and payment policies used to ensure that they are accurate for the services and items provided. Providers should consult with the insurance plan for complete and accurate details concerning documentation for claims. Abbott Nutrition does not guarantee reimbursement by any third-party insurance plan and will not reimburse physicians or providers for claims denied by third-party insurance plans.



Banana-Berry Jam

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



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Unflavored**
- 2 fl oz chilled apple juice
- 1/2 cup frozen sliced strawberries, unsweetened
- 1/2 peeled and diced kiwi, frozen
- 1/2 banana, sliced and frozen
- 2 tablespoons strawberry-flavored syrup
- 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 strawberries, kiwi, banana, syrup, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Unflavored and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories.....	413
Carbohydrate, grams	80
Protein, grams	7
Fat, grams.....	9

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.

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.

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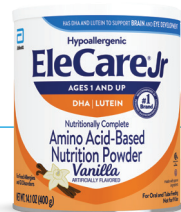
NUTRITION FACTS:

Calories.....	339
Carbohydrate, grams	60
Protein, grams	6
Fat, grams.....	8



Very Cherry

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



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz chilled cherry juice, divided
- 1/2 cup frozen pitted tart or dark cherries
- 2 tablespoons tart cherry jam
- 4 ice cubes

DIRECTIONS

- Pour 2 fl oz cherry 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 cherry juice, cherries, jam, and ice; blend on high until mixture is smooth.
- Add icy puree to the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories.....	347
Carbohydrate, grams	62
Protein, grams	7
Fat, grams.....	8

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Blue-Razz Puree

Serves 1 — Makes approx 12 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz chilled apple juice, divided
- 1/2 cup frozen blueberries, unsweetened
- 2 tablespoons all fruit (no sugar added) seedless raspberry jam
- 4 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, blueberries, jam, and ice; blend on high until mixture is smooth.
- Add icy puree to the EleCare Jr Vanilla and shake well.
- Serve immediately.

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NUTRITION FACTS:

Calories.....	364
Carbohydrate, grams	66
Protein, grams	6
Fat, grams.....	8



Grape Gulp

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



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz chilled Concord grape juice, divided
- 2 tablespoons frozen concentrate Concord grape juice
- 1 tablespoon all fruit (no sugar added) Concord grape jam
- 4-5 ice cubes

DIRECTIONS

- Pour 2 fl oz grape 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 grape juice, grape juice concentrate, jam, and ice; blend on high until mixture is smooth.
- Add icy puree to the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories.....	303
Carbohydrate, grams	51
Protein, grams	5
Fat, grams.....	8

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Lemon Crush

Serves 1 – Makes approx 9 oz
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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.

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NUTRITION FACTS:

Calories.....	343
Carbohydrate, grams	57
Protein, grams	6
Fat, grams.....	9



NUTRITION FACTS:

Calories.....	354
Carbohydrate, grams	60
Protein, grams	6
Fat, grams.....	9

Peppermint Patty

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz chilled vanilla rice milk, divided
- 2-3 tablespoons dark chocolate syrup
- 1/4 teaspoon vanilla extract
- Scant 1/4 teaspoon peppermint extract, or to taste
- 4 ice cubes

DIRECTIONS

- Pour 2 fl oz rice milk 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 rice milk, chocolate syrup, vanilla, peppermint extract, and ice; blend on high until mixture is smooth.
- Add icy puree to the EleCare Jr Vanilla and shake well.
- Serve immediately.

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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.

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NUTRITION FACTS:

Calories.....	322
Carbohydrate, grams	54
Protein, grams	5
Fat, grams.....	9



Peachy Pear Slush

Serves 1 — Makes approx 12 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 3 fl oz chilled apple juice, divided
- One 4-oz container diced pears with juice, frozen
- 1/2 cup frozen peach slices, unsweetened
- 4 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 the remaining 1 fl oz apple juice, frozen pears in their juice, peaches, and ice; blend on high until mixture is smooth.
- Add icy puree to the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories.....	345
Carbohydrate, grams	64
Protein, grams	7
Fat, grams.....	8

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Apple Pie Puree

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up

INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz apple juice, divided
- 1 tablespoon apple butter
- 1/2 teaspoon cinnamon
- 4 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, apple butter, cinnamon, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

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NUTRITION FACTS:

Calories.....	269
Carbohydrate, grams	43
Protein, grams	5
Fat, grams.....	8



NUTRITION FACTS:

Calories.....	379
Carbohydrate, grams	64
Protein, grams	7
Fat, grams.....	9

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 rice milk
- 4 teaspoons rice starch
- 1/2 cup pumpkin puree
- 1 tablespoon pure maple syrup
- 1/2 teaspoon pumpkin pie spice

DIRECTIONS

- In a small sauce pan over medium heat, bring rice milk 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; cool to room temperature.
- Add remaining ingredients and stir until combined.
- Serve immediately.

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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 puree
- 8 fl oz rice milk, divided
- 1 tablespoon pure maple syrup
- 1/2 teaspoon pumpkin pie spice



DIRECTIONS

- Pour 4 fl oz rice milk 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 4 fl oz rice milk, pumpkin puree, maple syrup, and pumpkin pie spice; blend on high until mixture is smooth.
- Add puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

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NUTRITION FACTS:

Calories.....	399
Carbohydrate, grams	67
Protein, grams	7
Fat, grams.....	11



NUTRITION FACTS:

Calories.....	369
Carbohydrate, grams	62
Protein, grams	9
Fat, grams.....	10

Chocolate Delight

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz chilled vanilla flax milk, divided
- 3 tablespoons dark chocolate syrup
- 1/4 teaspoon vanilla extract
- 4 ice cubes

DIRECTIONS

- Pour 2 fl oz flax milk into a bottle/cup 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 flax milk, chocolate syrup, vanilla extract, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

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Chocolate Butter Cup

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz rice milk, divided
- 1 tablespoon dark chocolate syrup
- 1 tablespoon sunflower butter
- 4 ice cubes

DIRECTIONS

- Pour 2 fl oz rice milk into a bottle/cup 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 rice milk, chocolate syrup, sunflower butter, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

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NUTRITION FACTS:

Calories.....	384
Carbohydrate, grams	48
Protein, grams	9
Fat, grams.....	18



Banana Blast

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz rice milk, divided
- 1/2 medium banana, sliced and frozen
- 1/4 teaspoon imitation banana extract
- 4 ice cubes

DIRECTIONS

- Pour 2 fl oz rice milk into a bottle/cup 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 rice milk, banana, banana extract, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories.....	291
Carbohydrate, grams	46
Protein, grams	6
Fat, grams.....	10

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Banana Butter Bomb

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up



INGREDIENTS

- 4 unpacked scoops **EleCare® Jr Vanilla**
- 4 fl oz vanilla flax milk, divided
- 1 tablespoon sunflower butter
- 1/4 teaspoon imitation banana extract
- 4 ice cubes

DIRECTIONS

- Pour 2 fl oz flax milk into a bottle/cup 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 flax milk, sunflower butter, banana extract, and ice; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

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NUTRITION FACTS:

Calories.....	334
Carbohydrate, grams	29
Protein, grams	13
Fat, grams.....	18



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