



EleCare[®] Jr *Recipes*

Delicious and easy ways
to enjoy EleCare[®] Jr

 **Abbott**

EleCare® and EleCare® Jr are specifically formulated for patients who need amino acid-based nutrition therapy



Easily accessible

Available through HMEs, pharmacies, online at retailer websites, or find a retail store location at [EleCare.com](https://www.EleCare.com)

Insurance coverage of EleCare or EleCare Jr may be available for your patients:

There is a growing list of states that have mandated elemental formula coverage to help support families with children needing medical nutrition such as EleCare and EleCare Jr.*

WIC-eligible[†] – in 48 states, regardless of who holds the WIC state formula contract.

Medicaid – Some Medicaid plans will cover elemental formulas. Each state plan establishes its own criteria for coverage of elemental formulas.

To learn if your patients have coverage for EleCare or EleCare Jr, contact the Abbott Nutrition PATHWAY Reimbursement Support Program at 1-800-558-7677 or visit www.pathwayreimbursement.com.

Self-funded health plans are not subject to state insurance mandates.

* The coverage requirements of each state's insurance mandate all vary and may not apply to all insurance plans.

[†] Visit your state's WIC website for additional information on allowable products and conditions. WIC is a service mark of the US Department of Agriculture and an abbreviation for the Special Supplemental Nutrition Program for Women, Infants, and Children. No endorsement of any brand or product by the USDA is implied or intended. Excludes Washington and Arkansas.

Very Cherry

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

Ingredients

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

Directions

- Pour 2 ounces 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 ounces cherry juice, cherries, jam, and ice and 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	61
Protein, grams	7
Fat, grams	9



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 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.



Blue-Razz Puree

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

Ingredients

- 4 unpacked scoops EleCare® Jr Vanilla
- 4 ounces chilled apple juice
- 1/2 cup frozen blueberries, unsweetened
- 2 tablespoons all fruit (no sugar added) seedless raspberry jam
- 4 ice cubes

Directions

- Pour 2 ounces 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 ounces apple juice, blueberries, jam, and ice and blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

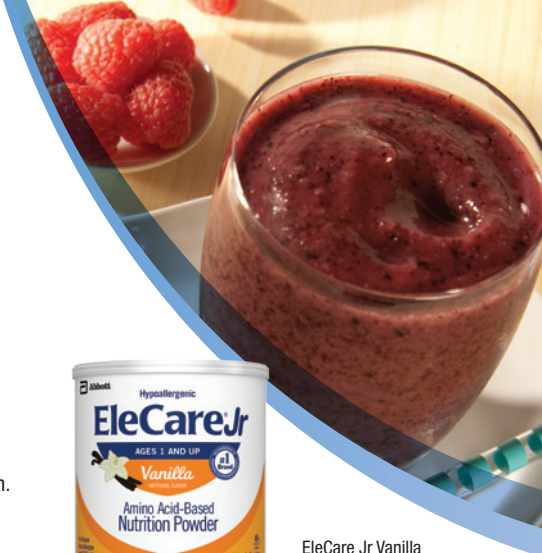
Calories	364
Carbohydrate, grams	65
Protein, grams	6
Fat, grams	9



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Grape Gulp

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

Ingredients

- 4 unpacked scoops EleCare® Jr Vanilla
- 4 ounces 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 ounces 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 ounces grape juice, grape juice concentrate, jam, and ice and blend on high until mixture is smooth.
- Add icy puree to the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

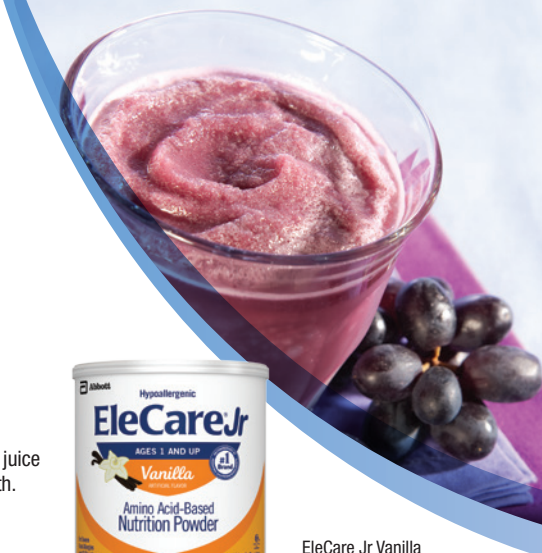
Calories	303
Carbohydrate, grams	50
Protein, grams	6
Fat, grams	9



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Lemon Crush

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

Ingredients

- 4 unpacked scoops EleCare® Jr Vanilla
- 4 ounces chilled apple juice
- 2 tablespoons fresh lemon juice
- 4-6 ice cubes

Directions

- Pour 2 ounces 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 ounces apple juice, lemon juice, 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	343
Carbohydrate, grams	56
Protein, grams	6
Fat, grams	10



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Peppermint Patty

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

Ingredients

- 4 unpacked scoops EleCare® Jr Vanilla
- 4 ounces 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 ounces 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 ounces rice milk, chocolate syrup, vanilla, peppermint 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:

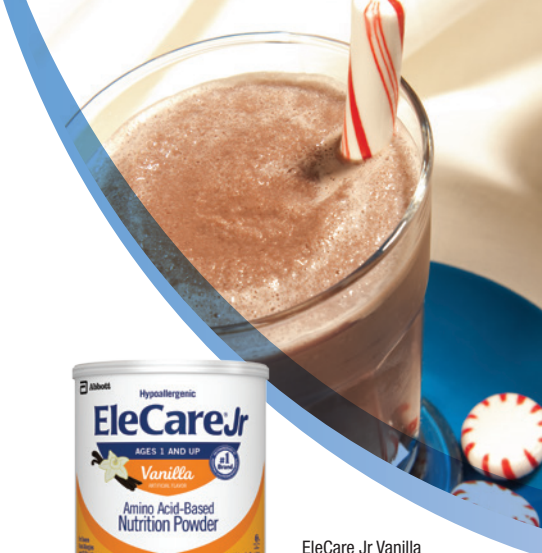
Calories	354
Carbohydrate, grams	58
Protein, grams	6
Fat, grams	10



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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 ounces chilled apple juice
- 2 ounces 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 into the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories	322
Carbohydrate, grams	53
Protein, grams	6
Fat, grams	9



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Peachy Pear Slush

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

Ingredients

- 4 unpacked scoops EleCare® Jr Vanilla
- 3 ounces chilled apple juice, divided
- One 4-ounce container diced pears with juice, frozen
- 1/2 cup frozen peach slices, unsweetened
- 4 ice cubes

Directions

- Pour 2 ounces 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 ounce apple juice, frozen pears in their juice, and peaches; blend on high until mixture is smooth.
- Add icy puree into the EleCare Jr Vanilla and shake well.
- Serve immediately.

NUTRITION FACTS:

Calories	345
Carbohydrate, grams	62
Protein, grams	7
Fat, grams	9



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Apple Pie Purée

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

Ingredients

- 4 unpacked scoops EleCare® Jr Vanilla
- ½ cup apple juice
- 1 tbsp apple butter
- ½ tsp cinnamon
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	268
Carbohydrate, grams	41
Protein, grams	5
Fat, grams	9



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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 Original Rice Dream®
- 4 tsp rice starch
- ½ cup pumpkin purée
- 1 tbsp pure maple syrup
- ½ tsp pumpkin pie spice

Directions

- In a small sauce pan over medium heat bring Rice Dream 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.
- Add remaining ingredients and stir until combined.
- Refrigerate or serve warm.

NUTRITION FACTS:

Calories	378
Carbohydrate, grams	62
Protein, grams	7
Fat, grams	10



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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
- ½ cup pumpkin purée
- 1 cup Original Rice Dream®
- 1 tbsp pure maple syrup
- ½ tsp 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



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Banana-Berry Jam

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

Ingredients

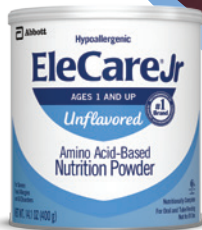
- 4 unpacked scoops **EleCare® Jr Unflavored**
- 2 ounces chilled apple juice
- 1/2 cup frozen sliced strawberries, unsweetened
- 1/2 peeled and diced kiwi, frozen
- 1/2 banana, sliced and frozen
- 2 tablespoons strawberry-flavored syrup
- 2-3 ice cubes

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	79
Protein, grams	7
Fat, grams	9



EleCare Jr Unflavored is for ages 1 and up.

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Apple Island Dream

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

Ingredients

- 4 unpacked scoops EleCare® Jr Unflavored
- 2 ounces chilled apple juice
- 2 ounces chilled orange juice
- Scant 1/8 teaspoon 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.

NUTRITION FACTS:

Calories	339
Carbohydrate, grams	59
Protein, grams	6
Fat, grams	9



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Choco-Butter Freeze

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

Ingredients

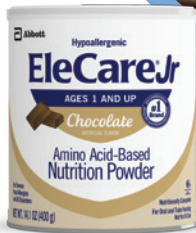
- 4 unpacked scoops EleCare® Jr Chocolate
- 1/2 cup Rice Dream™ Original Rice Drink
- 1 tablespoon dark chocolate syrup
- 1 tablespoon SunButter® sunflower butter
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	357
Carbohydrate, grams	43
Protein, grams	9
Fat, grams	17



EleCare Jr Chocolate is for ages 1 and up.

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Cocoa-Berry Blast

Serves 1 — Makes approx 16 oz — Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops EleCare® Jr Chocolate
- 1 cup fresh or frozen raspberries
- 1/2 cup Rice Dream™ Original Rice Drink
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	276
Carbohydrate, grams	44
Protein, grams	6
Fat, grams	11



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Double Chocolate

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

Ingredients

- 4 unpacked scoops EleCare® Jr Chocolate
- 1/2 cup Rice Dream™ Original Rice Drink
- 1 tablespoon dark chocolate syrup
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	257
Carbohydrate, grams	40
Protein, grams	6
Fat, grams	9



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Chocolate Sunshine

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

Ingredients

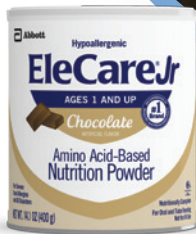
- 4 unpacked scoops EleCare® Jr Chocolate
- 1/2 cup Rice Dream™ Original Rice Drink
- 1 tablespoon dark chocolate syrup
- 1/4 teaspoon orange extract
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	257
Carbohydrate, grams	40
Protein, grams	6
Fat, grams	9



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Chocolate SB&J

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

Ingredients

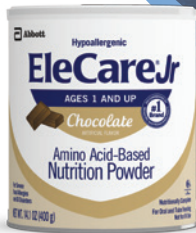
- 4 unpacked scoops EleCare® Jr Chocolate
- 1/2 cup cold water
- 2 tablespoons strawberry jam
- 1 tablespoon SunButter® sunflower butter
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	317
Carbohydrate, grams	34
Protein, grams	9
Fat, grams	16



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Chocolate-Mint Fusion

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

Ingredients

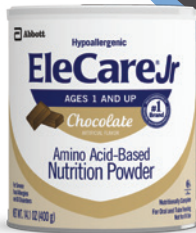
- 4 unpacked scoops EleCare® Jr Chocolate
- 1/2 cup Rice Dream™ Original Rice Drink
- 1 tablespoon dark chocolate syrup
- 1/4 teaspoon peppermint extract
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	357
Carbohydrate, grams	44
Protein, grams	9
Fat, grams	17



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Chocolate Tropical Sun

Serves 1 — Makes approx 16 oz — Recipes are for ages 1 and up

Ingredients

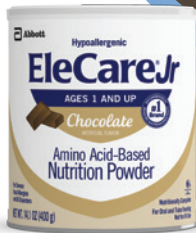
- 4 unpacked scoops EleCare® Jr Chocolate
- 1 cup Rice Dream™ Original Rice Drink
- 1 banana, sliced
- 1 tablespoon dark chocolate syrup
- 1 tablespoon SunButter® sunflower butter
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	491
Carbohydrate, grams	70
Protein, grams	10
Fat, grams	19



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Chocolate Circus Shake

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

Ingredients

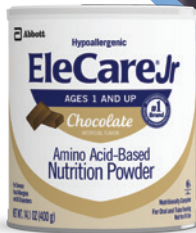
- 4 unpacked scoops EleCare® Jr Chocolate
- 4 ounces rice milk
- 1 tablespoon chocolate syrup
- 1 tablespoon Sunbutter® sunflower butter
- 1/2 teaspoon pure vanilla extract
- 6 ice cubes

Directions

- To the jar of a blender, add rice milk and Elecare Jr Chocolate.
- Seal with the lid and blend for 20 seconds.
- Add remaining ingredients and blend 30 to 40 seconds until smooth.
- Serve immediately.
- Shake well before serving.

NUTRITION FACTS:

Calories	327
Carbohydrate, grams	45
Protein, grams	10
Fat, grams	18



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Chocolate-Banana Smoothie

Serves 1 — Makes approx 8 oz — Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops EleCare® Jr Chocolate
- 3 ounces rice milk
- 1 medium banana, sliced and frozen
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon pure vanilla extract
- 6 ice cubes

Directions

- To the jar of a blender, add rice milk and Elecare Jr Chocolate.
- Seal with the lid and blend for 20 seconds.
- Add remaining ingredients and blend 30 to 40 seconds until smooth.
- Serve immediately.
- Shake well before serving.

NUTRITION FACTS:

Calories	329
Carbohydrate, grams	57
Protein, grams	8
Fat, grams	10



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Chocolate Pudding

Serves 1 — Makes approx 1/2 cup — Recipes are for ages 1 and up

Ingredients

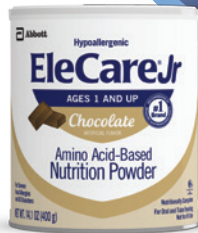
- 4 unpacked scoops EleCare® Jr Chocolate
- 2 ounces rice milk
- 2 tablespoons fresh avocado
- 2 tablespoons chocolate syrup
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon pure vanilla extract
- 3 ice cubes

Directions

- To the jar of a blender, add rice milk and Elecare Jr Chocolate.
- Seal with the lid and blend for 20 seconds.
- Add remaining ingredients and blend 30 to 40 seconds until smooth.
- Serve immediately.

NUTRITION FACTS:

Calories	369
Carbohydrate, grams	54
Protein, grams	8
Fat, grams	14



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Tropical Banana Blend

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

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- ½ cup frozen tropical fruit
- ½ cup mango juice
- 4 ice cubes

Directions

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



EleCare Jr Banana
is for ages 1 and up.

NUTRITION FACTS:

Calories	294
Carbohydrate, grams	46
Protein, grams	5
Fat, grams	8

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Pineapple Orange Banana Burst

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

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- ½ cup chilled water
- 1 tbsp pineapple-orange juice concentrate
- 4 ice cubes

Directions

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



EleCare Jr Banana
is for ages 1 and up.

NUTRITION FACTS:

Calories	237
Carbohydrate, grams	32
Protein, grams	5
Fat, grams	8

*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.



Banana Butter Blast

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

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- ½ cup Original Rice Dream®
- 1 tbsp Sunbutter® sunflower butter
- 4 ice cubes

Directions

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



EleCare Jr Banana
is for ages 1 and up.

NUTRITION FACTS:

Calories	342
Carbohydrate, grams	31
Protein, grams	10
Fat, grams	18

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Banana-BOM (Banana Orange Mango)

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

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- ½ cup undrained mandarin oranges in juice
- ½ cup mango juice
- 4 ice cubes

Directions

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



EleCare Jr Banana
is for ages 1 and up.

NUTRITION FACTS:

Calories	317
Carbohydrate, grams	51
Protein, grams	6
Fat, grams	8

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Triple-Berry Banana

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

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- ½ cup frozen mixed berries
- ½ cup apple juice
- 4 ice cubes

Directions

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



EleCare Jr Banana
is for ages 1 and up.

NUTRITION FACTS:

Calories	272
Carbohydrate, grams	41
Protein, grams	5
Fat, grams	8

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Tropical Island Ice

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

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- ½ cup undrained pineapple in juice
- ½ cup pineapple juice
- ½ tsp coconut flavoring
- 4 ice cubes

Directions

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

NUTRITION FACTS:

Calories	294
Carbohydrate, grams	49
Protein, grams	5
Fat, grams	8



EleCare Jr Banana
is for ages 1 and up.

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Banana Soft Serve

Serves 1 — Makes approx 8 oz — Recipes are for ages 1 and up

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- 2 oz. rice milk
- 1 medium banana, sliced and frozen
- ½ tsp pure vanilla extract
- 4 ice cubes

Directions

- To the jar of a blender, add rice milk and Elecare Jr Banana.
- Seal with the lid and blend for 20 seconds.
- Add the remaining ingredients and blend 30-40 seconds until smooth.
- Serve immediately.

NUTRITION FACTS:

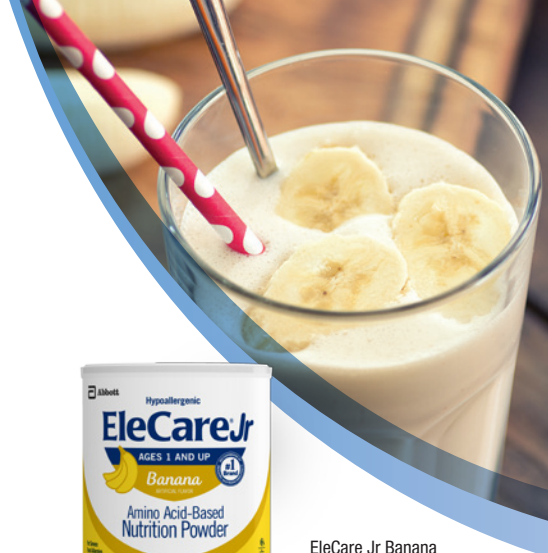
Calories	312
Carbohydrate, grams	51
Protein, grams	7
Fat, grams	9



EleCare Jr Banana
is for ages 1 and up.

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Banana-Strawberry Smoothie

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

Ingredients

- 4 unpacked scoops EleCare® Jr Banana
- 4 oz. rice milk
- ½ medium banana, sliced and frozen
- ¾ cup (4 oz.) unsweetened sliced frozen strawberries
- ½ tbsp. strawberry syrup
- 3 ice cubes

Directions

- To the jar of a blender, add rice milk and Elecare Jr Banana.
- Seal with the lid and blend for 20 seconds.
- Add the remaining ingredients and blend 30-40 seconds until smooth.
- Serve immediately.

NUTRITION FACTS:

Calories	325
Carbohydrate, grams	52
Protein, grams	7
Fat, grams	10



EleCare Jr Banana
is for ages 1 and up.

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