



EleCare[®]Jr

For Children Ages 1 and Up



EleCare[®] Jr

Recipes

For Children Ages 1 and Up

Delicious and easy ways
to enjoy EleCare[®] Jr



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

WELL-TOLERATED



SUPPORTS GROWTH



IMPROVES SYMPTOMS



Let Pathway Plus help determine **insurance coverage and access options** for EleCare[®]

The Abbott Pathway Plus program has a dedicated team offering personalized support to help explore and understand your potential insurance coverage and access options for EleCare.

- 1** **Call** with insurance and prescriber's information
- 2** **We help determine** available coverage options
- 3** **We help connect** you to suppliers who deliver products



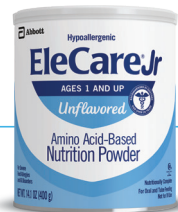
**To learn more, visit pathway-plus.com
or call 1-855-217-0698**

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 | 79 |
| 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..... | 59 |
| Protein, grams..... | 6 |
| Fat, grams..... | 9 |



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 | 61 |
| Protein, grams | 7 |
| Fat, grams..... | 9 |

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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..... | 65 |
| Protein, grams..... | 6 |
| Fat, grams..... | 9 |



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 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 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 | 56 |
| Protein, grams | .6 |
| Fat, grams..... | 10 |



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.

NUTRITION FACTS:

| | |
|---------------------------|-----|
| Calories..... | 354 |
| Carbohydrate, grams | 58 |
| Protein, grams | 6 |
| Fat, grams..... | 10 |

Nutritional values are approximate and will vary based on brands, quantities, and substitutions.

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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..... | 53 |
| Protein, grams..... | 6 |
| 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 | 62 |
| Protein, grams | 7 |
| Fat, grams | 9 |

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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 of 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..... | 268 |
| Carbohydrate, grams..... | 41 |
| Protein, grams..... | 5 |
| 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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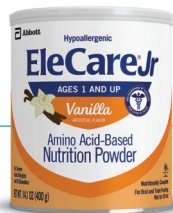
NUTRITION FACTS:

| | |
|---------------------------|-----|
| Calories..... | 378 |
| Carbohydrate, grams | 62 |
| Protein, grams | 7 |
| Fat, grams..... | 10 |

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 of 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..... | 398 |
| Carbohydrate, grams..... | 65 |
| Protein, grams..... | 7 |
| Fat, grams..... | 11 |



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.

NUTRITION FACTS:

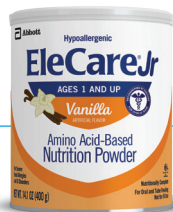
| | |
|---------------------------|-----|
| Calories..... | 369 |
| Carbohydrate, grams | 61 |
| Protein, grams | 9 |
| Fat, grams..... | 10 |

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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..... | 47 |
| 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:

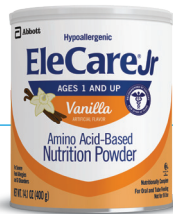
| | |
|---------------------------|-----|
| Calories..... | 369 |
| Carbohydrate, grams | 61 |
| Protein, grams | 9 |
| Fat, grams..... | 10 |

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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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| | |
|--------------------------|-----|
| Calories..... | 384 |
| Carbohydrate, grams..... | 47 |
| Protein, grams..... | 9 |
| Fat, grams..... | 18 |