

Recipes

Essential Care Jr. Mexican Horchata Shake



PREP TIME: 5 MIN
YIELDS: 1 SERVING

ESTIMATED NUTRITION*

SERVING SIZE: 1 SERVING
SERVINGS PER RECIPE: 1
CALORIES: 314
FAT: 16.6 G
SODIUM: 232.4 MG
CARBS: 33.3 G
PROTEIN: 11.2 G

INGREDIENTS

4 level and unpacked scoops of **Essential Care Jr. Vanilla** Hypoallergenic Formula
2 oz of water
½ Tsp ground cinnamon
3 oz milk alternative*
⅓ dairy free vanilla ice cream*

* Recipe ingredients and estimated nutrition based on experimental recipe using Ripple Original Plant-Based Milk and So Delicious Oatmilk creamy vanilla bean non-dairy frozen dessert.

INSTRUCTIONS

1. Place milk alternative and dairy free ice cream in blender.
2. Add in scoops of **Essential Care Jr. Vanilla** powder and ground cinnamon.
3. Blend until you reach preferred thickness.

ENJOY!

Quicker Version

PREP TIME: 2 MIN
YIELDS: 1 SERVING

NUTRITION

SERVING SIZE: 1 SERVING
SERVINGS PER RECIPE: 1
CALORIES: 185
FAT: 9.9 G
SODIUM: 163 MG
CARBS: 18 G
PROTEIN: 7.7 G

INGREDIENTS

4 level and unpacked scoops of **Essential Care Jr. Vanilla** Hypoallergenic Formula
5 oz of water
½ Tsp ground cinnamon

INSTRUCTIONS

1. Prepare formula according to package instructions.
2. Add ½ Tsp ground cinnamon and shake.

ENJOY!

Eat Well, Live Well.



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