

# Recipes

## Essential Care Jr. Citrus Creamsicle

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child.



PREP TIME: 5 MIN  
(4 HOURS TOTAL  
INCLUDING FREEZE TIME)

YIELDS: 8 SERVINGS\*\*

### ESTIMATED NUTRITION\*

SERVING SIZE: 1 SERVING

SERVINGS PER RECIPE: 8\*\*

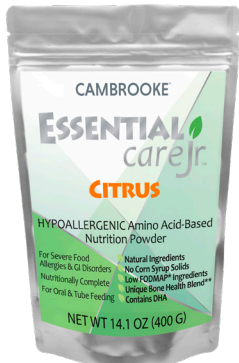
CALORIES: 55.2

FAT: 2.7 G

SODIUM: 30 MG

CARBS: 7.5 G

PROTEIN: 1.3 G



### INGREDIENTS

5 level and unpacked scoops  
of **Essential Care Jr. Citrus**  
Hypoallergenic Formula

6 oz of water

$\frac{2}{3}$  dairy free vanilla ice cream\*

$\frac{2}{3}$  cup frozen peaches

1 mandarin orange, peeled

### INSTRUCTIONS

1. Add all ingredients to a blender.  
Mix until well combined.
2. Pour into popsicle mold of choice.  
Freeze until solid, about 4 hours.

ENJOY!

\* Recipe ingredients and estimated nutrition based on experimental recipe using So Delicious Oatmilk creamy vanilla bean non-dairy frozen dessert.

\*\* Servings may vary depending on type of popsicle mold used.

Eat Well, Live Well.



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