

# Recipes

## Essentially Better Red, White, and Blue Popsicle

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



PREP TIME: 15 MIN  
(~ 6 HOURS TOTAL  
INCLUDING FREEZE TIME)  
YIELDS: 6 SERVINGS\*

### ESTIMATED NUTRITION\*

SERVING SIZE: 1 SERVING  
SERVINGS PER RECIPE: 6\*  
CALORIES: 62  
FAT: 2.2 G  
SODIUM: 36 MG  
CARBS: 9.2 G  
PROTEIN: 1.9 G

### INGREDIENTS

4 scoops of **Essential Care Jr.**  
or **EquaCare Jr.**  
**Vanilla** or **Unflavored**  
Hypoallergenic Formula  
5 oz of water  
1 cup fresh or frozen strawberries  
or raspberries, blended  
1 cup fresh or frozen  
blueberries, blended

### INSTRUCTIONS

1. Add red fruit option to blender and blend. You may need to add a small amount of water to reach puree consistency. Set puree aside and rinse blender.
2. Repeat step 1 with blueberries. Store fruit purees in refrigerator until needed.
3. Mix formula: 5 oz of water with 4 scoops of **Essential Care Jr.** or **EquaCare Jr.** powder. Stir or shake to mix and store in refrigerator until needed.
4. To layer popsicle, pour in blueberry puree and place in freezer to set.
5. Once blueberry layer is set, add layer of formula on top, place popsicle stick in, and allow to set.
6. Once layer is set, add strawberry or raspberry layer.
7. Repeat as many times as needed to fill popsicle mold and create stripe pattern.
8. Freeze until solid.

### ENJOY!

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

\*\* Recipe ingredients and estimated nutrition based on experimental recipe.

We used 3 scoops Essential Care Jr. Unflavored + 1 scoop Vanilla + 5 oz of water



Eat Well, Live Well.



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