

Hulk Smoothie

6 (8-ounce) Servings



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Ingredients

2 (15-ounce) cans Pacific Northwest Canned Pears, halves, in juice, drained and juice reserved
3 cups yogurt
8 ounces fresh spinach (about 2-1/2 cups)

Method

Combine the pears, yogurt and spinach in the jar of a blender. Pulse on medium speed until the ingredients are coarsely chopped and well combined. Slowly add the reserved pear juice with the motor running, until you achieve the proper consistency and the mixture is completely smooth.

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Nutrition

<i>Calories</i>	139
<i>Protein</i>	3.6g
<i>Carbohydrates</i>	29.4g
<i>Total Fat</i>	.7g
<i>Saturated Fat</i>	.5g
<i>Cholesterol</i>	2mg
<i>Sodium</i>	65mg
<i>Dietary Fiber</i>	1.9g
<i>Trans Fat</i>	0g