Hulk Smoothie

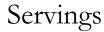
6 (8-ounce) Servings

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)



Makes 6 (8-ounce) servings

Nutrition

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



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.