



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear Berry Frappé

24 Servings

Ingredients

6-1/2 pounds (24 each) Pacific Northwest Canned Pears, halves, in juice, drained and juice reserved
4-1/2 pounds (8 cups) frozen berries, such as strawberries, blueberries, raspberries or blackberries

Servings

Makes 24 servings

Nutrition

<i>Calories</i>	170
<i>Calories from Fat</i>	0
<i>Fat</i>	0g
<i>Saturated Fat</i>	0g
<i>Cholesterol</i>	0mg
<i>Sodium</i>	5mg
<i>Carbohydrate</i>	43g
<i>Dietary Fiber</i>	4g
<i>Sugar</i>	30g
<i>Protein</i>	1g
<i>Vitamin A</i>	2% DV
<i>Vitamin C</i>	100% DV
<i>Calcium</i>	4% DV
<i>Potassium</i>	5% DV
<i>Iron</i>	4% DV

Method

For each frappe, combine 1 pear half, 1/2 cup reserved pear juice, and 1/2 cup frozen berries. Blend until smooth.

VARIATION: For a creamier smoothie, add 1 banana to each frappe.