



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear-Kale Super Smoothie

24 Servings

Ingredients

16 cups Pacific Northwest Canned Pears, slices or halves, in juice
4 bunches kale, large stems removed and leaves coarsely chopped
4 medium apples, preferably Braeburn, skin on, cored and coarsely chopped
1 cup agave
24 ice cubes

Method

Place pears and their juice, kale, apples and agave in a large, high-powered blender. Blend until smooth, about 1 minute. Add ice cubes and blend again, about 1 additional minute.

Serve immediately or freeze for an icy treat later.

Servings

Makes 24 (8-ounce) servings

Nutrition

<i>Calories</i>	167
<i>Fat</i>	0 g
<i>Cholesterol</i>	0 mg
<i>Sodium</i>	25 mg
<i>Carbohydrate</i>	43 g
<i>Dietary Fiber</i>	4 g
<i>Protein</i>	2 g

*Recipe By: Judy Shalhoub Culinary Arts Instructor
Burbank(CA) High School
eatcannedpears.com*