



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Pear and Orange Smoothie

24 Servings

## Ingredients

8 cups (3-1/2 pounds) Pacific Northwest Canned Pears, in juice, drained  
8 cups milk  
8 cups orange juice  
3/4 cup (9 ounces) honey  
1/4 teaspoon freshly ground black pepper  
1/4 cup pure vanilla extract

## Method

Working in batches with a blender, or using an immersion blender, combine the pears with the milk, orange juice, honey, pepper and vanilla. Blend until smooth and pour into 1-cup drinking containers with lids. Chill until ready to serve.

## Servings

Makes 24 servings

## Nutrition

<i>Calories</i>	154
<i>Calories from Fat</i>	14
<i>Fat</i>	2 g
<i>Saturated Fat</i>	1 g
<i>Cholesterol</i>	7 mg
<i>Sodium</i>	45 mg
<i>Carbohydrate</i>	32 g
<i>Dietary Fiber</i>	1 g
<i>Sugar</i>	29 g
<i>Protein</i>	3 g
<i>Vitamin A</i>	7% DV
<i>Vitamin C</i>	45% DV
<i>Calcium</i>	11% DV
<i>Potassium</i>	10% DV
<i>Iron</i>	2% DV