

Hulk Smoothie



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1 (#10) can Pacific Northwest Canned Pears, halves, in juice,
drained and juice reserved
1 (6-pound) pouch low fat vanilla yogurt
2 pounds raw fresh spinach

Method

Combine the pears, yogurt and spinach in a 5-gallon food safe container. Using an immersion blender, blend the ingredients until well combined. Slowly add the reserved pear juice while blending, until you reach the proper consistency and the mixture is completely smooth.

Servings

Makes 24 (8-ounce) servings

Nutrition

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

*Recipe by Annette King
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Second Place Winner!
2019 Can-Do Challenge
eatcannedpears.com*