



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Hulk Smoothie

18 Servings

Portion: 8-ounce

Meal Component Crediting K-8, 9-12: .75 oz Meat/Meat Alternate; 1/8 cup Dark Green Vegetable; and ¼ cup Fruit.

Ingredients	Weight	Measure
Pears, Pacific Northwest, canned, sliced, extra light syrup, drained		1 no. 10 can
Yogurt, vanilla, lowfat, pouch, 64 oz		1 each
Spinach, fresh, ready to use	12 oz	

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Drain canned pears to remove the liquid.
2. Combine pears, yogurt, and fresh spinach in a large, 5-gal food safe container.
3. Using an immersion blender, blend ingredients until smooth. Alternatively, combine all ingredients in a blender and blend until smooth.
4. Portion 8 oz of the smoothie into a 9 oz clear cup and top with a lid. Smoothies can be made one day in advance.

CCP: Hold for cold service at 41° F or lower.

Nutrients Per Serving

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

*Recipe by Annette King
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