

Pear-Kale Super Smoothie

4 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

2 (15-ounce) cans Pacific Northwest Canned Pears, halves or slices, in juice
4 cups coarsely chopped kale
1 medium apple, preferably Braeburn, skin on, cored and coarsely chopped
2 tablespoons agave
4 ice cubes

Method

Place pears and their juice, kale, apple and agave in the jar of a high-powered blender. Blend until smooth, about 1 minute. Add the ice cubes and blend again until smooth.

Serve immediately or freeze for an icy treat later.

Servings

Makes 4 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 J udy Shalhoub Culinary Arts Instructor
Burbank(CA) High School
eatcannedpears.com*