



Pear and Orange Smoothie

24 Servings

Portion: 1 cup

Meal Component Crediting K-8, 9-12: ½ cup fruit

Ingredients	Weight	Measure
Pears, Pacific Northwest, canned, sliced, extra light syrup, drained*		1 no. 10 can
Milk, low fat		2 quarts
Juice, orange		2 quarts
Honey		¼ cup
Black pepper, finely ground		¼ tsp
Vanilla extract		¼ cup

*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. Chill pears overnight in the refrigerator.

CCP: No bare hand contact with ready to eat food.

2. Working in batches with a blender or an immersion blender, combine the pears with the milk, orange juice, honey, pepper, and vanilla.

Blend until smooth and pour into 8-ounce cups with lids. Chill until ready to serve. Note: For additional flavor, consider blending in 2 Tbsp fresh orange zest.

CCP: Hold at 41° F or lower.

Nutrients Per Serving

Calories	174
Protein	3.34 g
Carbohydrate	37.78 g
Total Fat	.89 g
Saturated Fat	.53 g
Cholesterol	4.07 mg
Vitamin A	73.22 IU
Vitamin C	29.14 mg
Iron	0.18 mg
Calcium	111.77 mg
Sodium	43.11 mg
Dietary Fiber	2.29 g