

Smoothie *stand-outs*



Pacific Northwest
Canned Pears
Always ripe. Always ready.

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Pear Berry Frappé



Hulk Smoothie



Pear-Rita Mocktail



Pear and Orange Smoothie

USA grown in the
Pacific Northwest

The natural sweetness and versatile flavor of canned Bartlett pears blend well into frothy fruit and veggie smoothies.

Add a full
serving of fruit

Pear Berry Frappé

6 Pacific Northwest Canned Pear halves, in juice, drained and juice reserved

1½ cups frozen berries

For each frappé, combine 1 pear half, ½ cup reserved pear juice and ½ cup frozen berries. Blend until smooth.

Makes 6 servings



Hulk Smoothie

2 (15-ounce) cans Pacific Northwest Canned Pears, halves, in juice, drained and juice reserved

3 cups yogurt

8 ounces fresh spinach (about 2½ cups)

Combine the pears, yogurt and spinach in the jar of a blender. Pulse on medium speed until the ingredients are coarsely chopped and well combined. Slowly add the reserved pear juice with the motor running, until you achieve the proper consistency and the mixture is completely smooth.

Makes 6 servings



Pear-Rita Mocktail

1 lime wedge
Coarse salt (for rim)

6 ounces Pacific Northwest Canned Pear slices, drained

6 ounces margarita mix

1 tablespoon fresh lime juice

1 tablespoon sugar

1 cup crushed ice

Pear slices (for garnish)

Moisten the rim of glass with lime, then dip in coarse salt. Whirl pear slices, margarita mix, lime juice, sugar and crushed ice in a blender until smooth. Pour into prepared glass and garnish with a pear slice.

Makes 1 serving



Pear Orange Smoothie

2 cups Pacific Northwest Canned Pears, drained

2 cups milk

2 cups orange juice

3 tablespoons honey

Pinch freshly ground black pepper

1 tablespoon pure vanilla extract

Combine all ingredients in a blender and blend until smooth. Chill until ready to serve.

Makes 6 servings

