



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

# Creamy Pear Smoothie

## Ingredients

6 #10 cans (3 gal 2 cups) Pacific Northwest pears, canned,  
sliced, extra light syrup, drained  
¼ cup ½ tsp ground cinnamon  
½ cups 1 tbsp maple syrup

## Servings

100 1 cup servings

## Nutrition

*Meal Component Crediting K-8, 9-12*  
*1 oz eq meat/meat alternate; ½ cup*

*Calories: 168*  
*Total Fat : 0 g*  
*Total Dietary Fiber: 2 g*  
*Vitamin C: 1 mg*  
*Saturated Fat: 0 mg*  
*Trans Fat: 0 g*  
*Protein: 10 g*  
*Iron: 0 mg*  
*Sodium: 51 mg*  
*Cholesterol: 5 mg*  
*Vitamin A: 3 IU*  
*Sugars: 24 g*  
*Carbohydrate 32g*  
*Calcium: 140 mg*

## Method

Prepare Smoothies in Blender: In a 1-gallon blender, prepare 12 smoothies at a time. Place 3 lb/1qt 2 cups pears, 3 lb/1 qt 2 cups yogurt, 1 ½ tsp cinnamon, and 3 tbsp maple syrup to blender. Blend for about 4-5 minutes or until pears are pureed and ingredients are smooth.CCP: Hold at 40 °F degrees or lower. (Note: May prepare smoothies using an immersion blender and food grade bucket for faster preparation.)

Pour 1 cup (8 fl oz) smoothie into 9 fl oz or 10 fl oz clear plastic cups. (Note: If smoothie is more than 96 fl oz in the blender due to air being incorporated during blending, divide into 12 equal portions.) Cover and place filled cups on sheet pans and store in the refrigerator until service. CCP: Hold at 40 °F degrees or lower.

For Grab n Go Service:

Place in plastic cups with lids. If smoothies will be held for longer than 2 hours before consumption, freeze to maintain quality. Serve with spoons and/or straws.

Note: 1 No. 10 can pears sliced, packed in juice or light syrup provides about 7 3/8 cups (59.6 oz) drained pears.