

# Creamy Pear Smoothie

24 (8-ounce) Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

1 (#10) can Pacific Northwest Canned Pears, halves, in juice, drained  
1-1/2 quarts plain Greek yogurt  
1-1/2 quarts oat milk  
1 cup maple syrup  
6 tablespoons pure vanilla extract  
1 tablespoon ground cinnamon  
3 cups ice

## Servings

Makes 24 servings

## Nutrition

Calories	224
Fat	3g
Saturated Fat	1g
Cholesterol	6mg
Sodium	43mg
Carbohydrates	24g
Fiber	2g
Sugar	18g
Protein	6g
Calcium	154mg
Iron	0.5mg
Potassium	262mg

## Method

Combine the pears, yogurt, oat milk, maple syrup, vanilla, cinnamon, and ice in a 5-gallon food safe container. Using an immersion blender, blend the ingredients until well combined and the mixture is completely smooth.

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