

# 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

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

## 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.