

# Creamy Pear Smoothie

4 (8-ounce) Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

1 (15-ounce) can Pacific Northwest Canned Pears, halves,  
in juice, drained  
1 cup plain Greek yogurt  
1 cup oat milk  
3 tablespoons maple syrup  
1 tablespoon vanilla  
1/4 teaspoon ground cinnamon  
1/2 cup ice

## Method

Combine the pears, yogurt, oat milk, maple syrup, vanilla, and cinnamon in the jar of a blender. Pulse on medium speed until the ingredients are well combined. Add the ice and continue to blend until the mixture is completely smooth.

## Servings

Makes 4 (8-ounce) servings

## Nutrition

|               |       |
|---------------|-------|
| Calories      | 162   |
| Fat           | 3g    |
| Saturated Fat | 1g    |
| Cholesterol   | 6mg   |
| Sodium        | 50mg  |
| Carbohydrates | 25g   |
| Fiber         | 2g    |
| Sugar         | 18g   |
| Protein       | 7g    |
| Calcium       | 176mg |
| Iron          | 0.5mg |
| Potassium     | 277mg |

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