



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Creamy Pear Smoothie

4 (8-ounce) Servings

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

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