

Chai Spiced Pear Smoothie

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

3 bananas (15 ounces peeled), sliced
3 cups (24 ounces) nonfat vanilla yogurt
3/4 cup (6 ounces) low-fat 1% milk
2 (15 ounce) cans Pacific Northwest Canned Pears, diced, in extra light syrup, drained (3 cups/21 ounces)
Chai Spice Blend (recipe follows)

CHAI SPICE BLEND

Yield: 5 Tablespoons

4 teaspoons ground ginger
4 teaspoons ground cinnamon
2 teaspoons ground cloves
2 teaspoons ground nutmeg
2 teaspoons ground cardamom
1 teaspoon ground black pepper

Servings

Makes 6 servings

Nutrition

<i>Calories</i>	245
<i>Total Fat</i>	1 g
<i>Saturated Fat</i>	.5 g
<i>Cholesterol</i>	5 mg
<i>Sodium</i>	75 mg
<i>Carbohydrate</i>	57 g
<i>Fiber</i>	5 g
<i>Sugar</i>	28 g
<i>Protein</i>	6 g
<i>Calcium</i>	209 mg
<i>Iron</i>	1 mg

Method

To make the Chai Spice Blend, combine all spices in a spice grinder to mix well. Set aside. Reserve 3/4 teaspoon for topping.

Peel and slice the banana. Place the banana slices in the freezer for 30 minutes.

Put the frozen banana slices, yogurt, milk, drained canned pears, and Chai Spice Blend in a blender, and blend until smooth.

Pour into six glasses (about 1-1/2 cups/10 ounces in each glass). Garnish each with 1/8 teaspoon of the Chai Spice Blend and serve immediately.