



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Chai Spiced Pear Smoothie

100 Servings

Portion: 1 ½ cups

Meal Component Crediting K-8, 9-12: 1.5 oz eq M/MA, ½ cup fruit juice

Ingredients	Weight	Measure
Chai Spice Blend (Yield: ½ cup 2 Tbsp per 100 servings)		
Ginger, ground		2 Tbsp 2 tsp
Cinnamon, ground		2 Tbsp 2 tsp
Cloves, ground		1 Tbsp 1 tsp
Nutmeg, ground		1 Tbsp 1 tsp
Cardamom, ground		1 Tbsp 1 tsp
Black pepper, ground		2 tsp
Pacific Northwest Canned Pears, diced, light syrup, drained (USDA or Commercial)	26 lb 4 oz	3 gal 3 qt OR ~6.5 #10 cans
Banana, peeled, fresh		20 lb
Vanilla yogurt, low-fat	40 lb	20 – 32 oz containers OR 5 gal

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

*Recipe by Robert Schram
Clovis West High School, Clovis, CA
eatcannedpears.com*

Immersion Blender (50 – 1 ½ cup servings)

1. Divide ingredients in half. Blend in a food grade bucket using an immersion blender until smooth.
2. Serve 1 ½ cups in clear 10 oz cups.

CCP: Hold at 40 °F or lower.

Blender Method (5 – 1 ½ cup servings)

1. Add 1 lb 5 oz (~3 cups (Note: Measure varies depending on how drained the pears are.), 1 lb peeled bananas, 32 oz yogurt, and 1 ½ tsp Chai Spice Blend to blender. Blend well.
2. Serve 1 ½ cups in clear 10 oz cups.

CCP: Hold at 40 °F or lower.

For Grab n Go Service: Serve with a lid and straw.

Nutrients Per Serving

Calories	293 kcal
Total	3 g
Total Dietary Fiber	4 g
Vitamin C	10 mg
Saturated Fat	1.6 mg
Trans Fat	0 g
Protein	10 g
Iron	0 mg
Sodium	126 mg
Cholesterol	9 mg
Vitamin A	136 IU
Sugars	48 g
Carbohydrate	61 g
Calcium	315 mg

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