

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- -1 medium ripe pear (chopped)
- -crushed ice (as required)
- -1/4 teaspoon cinnamon
- -1/2 cup apple juice
- -1/2 cup coconut milk

Preparation Method

- -Peel pear and cut in pieces. Put in blender.
- -Add apple juice and cinnamon. Blend until smooth. Add ice.
- -Blend until mixed.
- -With blender running, add milk.
- -Blend until foamy.
- -Serve immediately.