



Pear Smoothie

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.