

healthy **habits**

EATING WELL ON A BUDGET

Pear Ginger Smoothie

Approximate cost of the recipe: \$3.27 or \$0.81 per serving (serves 4)

Ingredients:

- 1 inch piece fresh ginger
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 2 cans pears in 100% juice
- 1 banana
- 1 ½ cup fresh spinach
- 1 ½ cup almond milk
- ½ cup ice

Directions:

1. Wash and peel the ginger. Grate 1 inch piece into a blender.
2. Add the remaining ingredients and blend until smooth.
3. Taste and adjust for taste. Enjoy!

