

# GINGER PEAR SMOOTHIE

**Serves:** 4

**Approximate Cost of the Recipe:** \$4.27

**Approximate Cost per Serving:** \$1.07



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## INGREDIENTS:

- 1 banana
- 10 oz fresh spinach  
OR 1 ½ cup frozen or  
canned spinach
- 2 15 oz cans sliced pears  
OR 4 fresh pears,  
sliced
- 1 ½ cup milk or milk alternative
- ½ teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon vanilla extract
- ½ cup ice

## DIRECTIONS:

1. Wash all fresh produce under running water.
2. Peel and slice banana.
3. Combine all ingredients in blender and blend until smooth.
4. Serve and enjoy!