GINGER PEAR SMOOTHIE

Serves: 4
Approximate Cost of the Recipe: $4.27
Approximate Cost per Serving: $1.07

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!

Prepared by Rhode Island Community Food Bank's Healthy Habits, Eating Well on a Budget Program.
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