

Healthful Eating



Fuel Your Day With Fresh Pear Smoothies

(NAPSA)—Shake up your smoothie routine and add fresh pears to the blender to boost your breakfast or snack. Pears are packed with fiber, making them a sweet and satisfying smoothie ingredient. By pairing pears with other whole-food ingredients, you can fuel your day with fiber and protein. Pears blend well with a variety of smoothie staples, such as bright berries, vibrant greens, Greek yogurt, nuts and seeds.

Keep the skin on your pears for optimum fiber content. Whether ripe and juicy or still slightly firm, pears add great texture and flavor to smoothies.

Experiment with nutty textures and flavors to complement pears' natural sweetness. Hazelnuts, chia seeds, shredded coconut, and oats all add nutrients for easier meals on the go. Rather than adding ice for texture, go with frozen berries for a smooth, creamy drink.

In this recipe, pears, blueberries and oats combine for a hearty breakfast drink. Think of it as a bowl of oatmeal to go!

Pear, Oatmeal and Blueberry Breakfast Smoothie

Preparation time: 5 minutes

Serves 2



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Ingredients:

- 1 large, ripe USA Pear, such as Anjou**
- 2 cups milk or milk alternative**
- ½ cup quick-cooking oats**
- 1 cup frozen blueberries**
- 1 teaspoon cinnamon**

Directions:

Place all the ingredients into a blender and puree at high speed until smooth and creamy.