


HEALTHY DRINKS | Oct 21, 2014

7 Fresh Smoothies with Fall Fruits and Veggies

Not sure what to do with your farmer's market haul? Throw it into your blender!

By **Marnie Soman Schwartz**

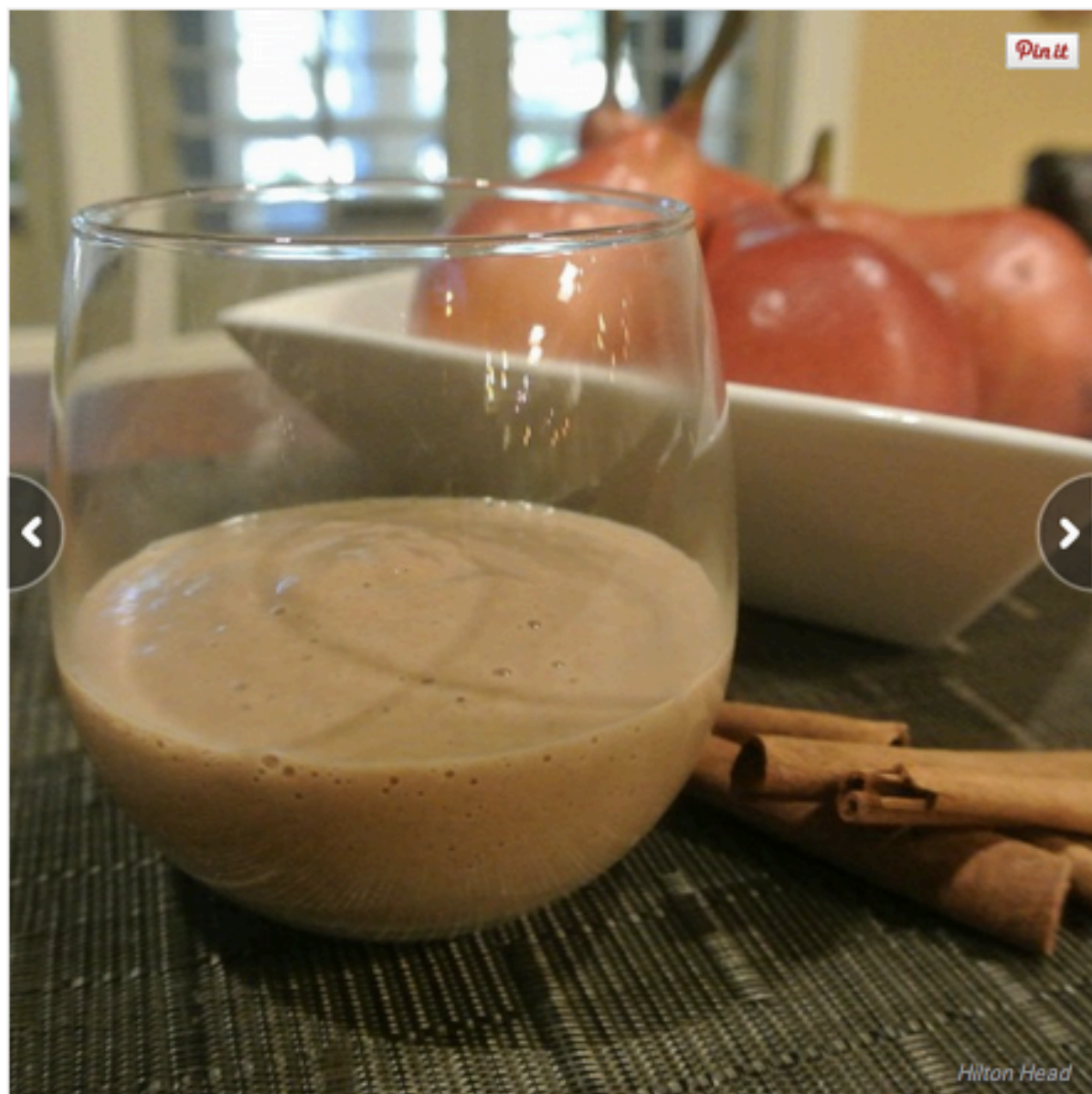
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8 of 8 | Hilton Head Health Spiced Pear Smoothie

 VIEW



Hilton Head

This Recipe

Skill Level: **Beginner**

Serves: **1**

Start to Finish: **20 minutes**

Prep:

Cook:

Roasting the pears brings out the fruit's natural sweetness even more, for a tastes-like-candy result.



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Ingredients:

2 cups diced pears

1 1/2 teaspoons ground cinnamon

1/8 teaspoon ground nutmeg

3/4 teaspoon ground ginger

3/4 teaspoon ground cardamom

1/4 cup plain protein powder

3/4 cup soymilk

1/4 cup mashed banana

Directions:

Preheat oven to 400 degrees. Toss pears cinnamon, nutmeg, ginger, cardamom; roast on a sheet tray coated with cooking spray for 10 minutes and then allow to cool. Blend pears with protein powder, soymilk, and banana until smooth.

Recipe courtesy of Chef Karla Williams of Hilton Head Health

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