

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

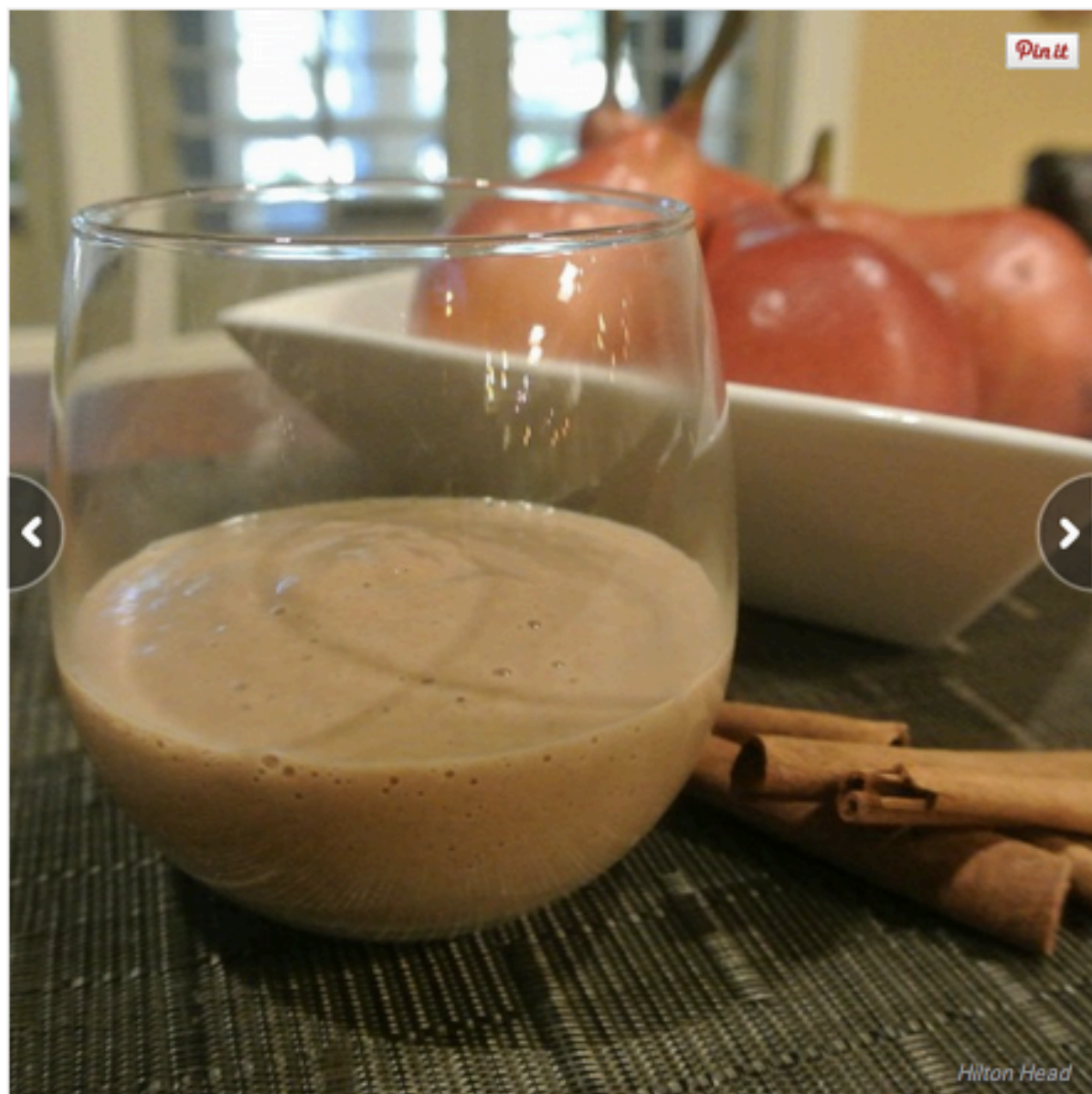
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## 8 of 8 | Hilton Head Health Spiced Pear Smoothie

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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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