

Pear-A-Licious Smoothie

Serves: 1

Ingredients:

1/2 cup pear, shredded

1/4 cup rolled oats

1/2 tsp. cinnamon

1/4 tsp. stevia

1/2 cup plain Greek yogurt

3/4 cup unsweetened coconut milk or almond milk

Directions:

Place all ingredients in a blender and process until smooth. If the smoothie is too thick for your liking just add a little more liquid.

Note: When shredding the pear, do not pat dry, you want the liquid from the pear to still be there.

Calories: 232

