



Pearfecto Pear Kale Smoothie Recipe

By Cheryl Millett

Ingredients

2-3 ripe pears

1 fresh ripe banana

1/2 tsp Ceylon cinnamon

1 pinch ground clove

1 small piece fresh ginger

1 large handful of kale leaves

Instructions

Place the first 5 ingredients in the blender and add approximately 2 cups of water. Blend well for one minute on medium to high (Vitamix level 10). Add in kale leaf and blend again for another 30-60 seconds.

Enjoy your pear kale smoothie blend with an aroma of the holiday season with a slight warmth from the ginger. Share your feedback here.

Digestion Tip: For best digesting, chew your smoothie.