

Pear Smoothie with Mixed Berries

Our Pear Smoothie with Mixed Berries recipe is thick, creamy, and packed with flavorful fruit. Not only is this recipe made with fruit, but also includes spinach as well. The tender pears add a velvety texture and sweet juices making this smoothie a great option for the spring and summer months.



Servings: 1



Prep time: 5 minutes



Ingredients

- 1/3 cup Quaker® Oats-Old Fashioned
- 3/4 cup nonfat, plain Greek yogurt (or no sugar-added vanilla yogurt or traditional plain yogurt)
- 2 tbsp water, or as needed
- 1/2 cup chopped very ripe pear (half of a medium-size pear)
- 1/2 cup fresh or frozen raspberries or blueberries
- 1/2 cup fresh or frozen strawberries
- 1/2 cup baby spinach leaves, long stems removed



Instructions

- Place oats in blender or food processor container and process until oats are finely ground.
- Add yogurt and water; blend to combine completely.
- Add pear, berries and spinach, if using (Add additional water if thinner consistency is desired.); blend until smooth.
- Note: Frozen fruit will make a thicker, frozen smoothie. If fruit is not frozen, add three to four ice cubes and blend until smooth for a colder and thicker smoothie.



Nutrition Info

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| Calories: | 300 |
| Total fat: | 2.5 g |
| Saturated fat: | 0 g |
| Cholesterol: | 0 mg |
| Sodium: | 85 mg |
| Total Carbohydrates: | 52 g |
| Dietary Fiber: | 11 g |
| Total Sugar: | 22 g |
| Added Sugar: | 0 g |
| Protein: | 20 g |



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