

AVOCADO, SPINACH & PEAR SMOOTHIE

Serves 3.

By Dennis W. Viau; modified from Internet recipes.

Avocado helps make a frothy smoothie. Pear, strawberries and yogurt give the smoothie a flavor similar to fruit yogurt. You have the delicious flavor of fruit with the nutritional benefits of spinach. Each serving is about 275 calories if using regular yogurt. If desired, you can reduce the calories by using low-fat yogurt.

Ingredients:

- 1 avocado
- 1 cup (45g) fresh baby spinach
- 1 medium pear
- 1 cup (250g) plain yogurt
- 1½ cups (355ml) orange juice
- 1 cup (about 150g) frozen strawberries
- 1 tablespoon flax seed

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

