



PEAR AND ALMOND TART SMOOTHIE

WHY: Pears are incredible for digestion! If you're suffering from constipation, the fiber in pears promotes regularity and healthy digestion 😊

PREP TIME

- Prep | 20 m
- Cook | 20 m
- Ready in | 40 m
- Duration | 5 days

WHAT

- 1 Bartlett pear, core and stem removed
- ¼ teaspoon cinnamon
- 1/8 teaspoon ground ginger
- 1 tablespoon almond butter
- 1 cup oat milk
- 1 pitted date

HOW

01

Add all ingredients to a blender and blend on high for 30 seconds.

02

Enjoy immediately!

03

Or pour into an ice-cube tray, freeze, and blend with water or oat milk when ready to drink.