



Raspberry Green Smoothie

Crisp autumn pears sweeten this green smoothie to perfection!

Ingredients

- 1 cup non-dairy milk of your choice
- 1 ripe pear, sliced with core removed
- 1 cup frozen raspberries
- 1 cup spinach
- 2 leaves of kale
- ½ tsp pure vanilla extract

Directions

Place all ingredients in your blender in the order listed and blend for 30 seconds or until smooth.



Makes 1 serving.

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