

# Pear & Spinach Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 2 1/2 cups.

## Ingredients

**1 1/4 cups** Unsweetened Almond Milk

**1** Pear (cored and chopped)

**1 1/2 cups** Baby Spinach

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Chia Seeds

**1 tbsp** Hemp Seeds

