



Pear Strawberry Smoothie

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Linda Roderigues, ND

Serves 1

Most very ripe pears are very sweet so no sweetener may be needed, depending on the fruit you use.

1/4 cup Walnuts

1 tbsp Lecithin granules (optional, not a raw ingredient)

1/4 to 1/2 cup Water as needed

1 cup fresh ripe & juicy Pear (Bartlett or D'Anjou), cored & quartered

1 cup frozen ripe Strawberries

4 to 6 ice cubes as needed

1 tsp raw sweetener (Honey, Agave or 1/4 tsp powdered Stevia,) or as needed to taste

Grind walnuts to a powder in blender.

Add lecithin (if using).

Add enough water to cover blades of blender and blend until smooth.

Add fresh pear, frozen strawberries and ice.

Blend until smooth & creamy.

Taste for sweetness and add sweetener if necessary for taste.

Scrape into tall glass and drink immediately.

Note: Sweetness of fruit will determine whether you need to add sweetener (most often I don't need to add any).
