

Cinnapear Smoothie

It's not every day you find cinnamon or pear in a smoothie! These two together create a refreshing smoothie that is different than traditional smoothie recipes. Cinnamon also has many health benefits especially when it comes to Heart Health.

Cinnamon contains antioxidants which can help treat inflammation. It also can help lower your risk of heart disease, diabetes, and cancer by lowering LDL cholesterol and triglycerides, blood glucose levels, as well as your blood pressure. Because of its antimicrobial affects, cinnamon can also prevent against tooth decay and reduce bad breath!



Ingredients

- 1 ¼ cups canned pears (make sure to drain juice)
- 1 Frozen Banana
- ½ Cup Vanilla Yogurt
- ½ Teaspoon Ground Cinnamon
- 1 Pinch Ground Nutmeg

Directions

1. Place the pears, banana, yogurt, cinnamon, and nutmeg into a blender.
2. Cover, and puree until smooth.
3. Serve immediately or freeze for later use. Enjoy!

Yields - 1 Serving

Calories: 340
Fiber: 11 g

Fat: 1 g

Protein: 6.1 g

Carb: 83 g