

Pear and ginger smoothie



 5 min.  95 kcal  SteviaSweet Crystal

Preparation

Put all the ingredients into a blender and mix until smooth. Blend with ice if you want a cold drink.

Ingredients for 3 servings

100 ml	coconut water, water or milk
100 g	fresh spinach
2	ripe pears
2 cm	ginger
12 g	SteviaSweet Crystal
	Ice (optional)

Nutritional information per portion

95	kcal
399	kJ
2	Protein in g
20	Carbohydrates in g
1	Fat in g