

# Pear and ginger smoothie



5 min. 95 kcal SteviaSweet Liquid

## 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
1/2 tsp	<a href="#">SteviaSweet Liquid</a>
	Ice (optional)

### Nutritional information per portion

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