



Pear Smoothie

Pears stimulate energy in the lungs and stomach which helps with chronic coughs and constipation.

Pears are a great source of water-soluble fiber ~ especially pectin. Pears have more pectin than apples! The pectin makes them a good food for helping to balance cholesterol levels and support intestinal health.

Pears provide some good vitamins and minerals including:

- vitamin C
- copper
(these first 2 make pears a good antioxidant-rich food to include in your free radical fighting diet)
- vitamin B2
- vitamin K
- vitamin E
- potassium *(better than a banana because of the higher fiber and lower sugar content!)*

Pears are a hypoallergenic fruit, well tolerated by most individuals. For this reason, and the highlights mentioned above, cooked and blended or mashed pears are a good first fruit for babies.

And pears are a good remedy for clearing excess “heat”:

From the perspective of the five elements, Autumn is the time to clear heat from the body. Too much heat can present itself as dry and itchy skin and lips, scratchy throat or chronic coughing, acne and constipation. Pears work well as a moistening food to temper the season’s dryness.

1 serving

2 Tb chia seeds

1/2 cup water

1-2 pears cored and chopped (peel if not organic)

1/2 cup coconut milk

1/4 tsp vanilla extract

2 Tb Hemp seeds (optional)

1/4 tsp stevia (optional to taste)

1 Tb raw protein powder (optional)

- Soak chia in water for at least 1/2 hour or overnight
- Place all ingredients into a blender.
- Blend until smooth, add more coconut milk if it is too thick