



Pear Coconut Green Smoothie

Pears are a great source of soluble fiber. They are high in flavonoids, copper, Vitamin C and K. The red skinned varieties are high in anthocyanins. Pears are a hypoallergenic fruit, well tolerated by most individuals. For this reason, cooked and blended or mashed pears are a good first fruit for babies.

2 servings

2 Tb chia seeds soaked in 1 cup water for 30 minutes
1/2 cup canned lite [coconut milk](#) or full fat (Native Forest is OK)
2 large handfuls of spinach (3-4 cups)
2 medium ripe pears
1/4 cup parsley (a few sprigs)
1/4 tsp vanilla extract
1/4 tsp cinnamon

- Place all ingredients into a blender
- Blend until smooth
- Add more water to get desired consistency