

Pear Smoothie With Cashew - Recipe

Green smoothies are all the rage - and for good reason! They're an easy way to pack in a ton of nutrients, and they're also really delicious. This [pear smoothie with cashew](#) is no exception. It's made with just a few simple ingredients, and it's the perfect way to start your day.

The pear provides a sweetness to the smoothie, while cashews make it creamy and delicious. The real star of this smoothie is the spinach—it's loaded with vitamins and minerals, and it gives the smoothie a beautiful green color.

To make this smoothie, simply combine all of the ingredients in a blender and blend until smooth. If you find that the smoothie is too thick, add a little bit of water or milk until it reaches the desired consistency.

If you're looking for a protein boost, you can also add a scoop of protein powder to this smoothie. And if you're looking for a little more sweetness, you can just add a banana or some honey.

Ingredients:

- 1 pear
- 1/2 cup cashews
- 1 cup spinach

Instructions:

1. Dice and peel the pear
2. Combine the pear slices, spinach, cashew, and a pinch of cinnamon in a blender.
3. Blend until smooth. Enjoy

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Source:

[Pear Smoothie with Cashew Recipe](#) (2022, youtube.com)

Meta Description: This pear smoothie with cashew recipe guarantees a nutritious and tasty drink. It's made with just a few simple ingredients, and it's the perfect way to start your day.