

Spiced Green Pear Protein Shake

Swick

Serves 1 | Active Time: | Total Time: 5 minutes

Step 1: Make the Smoothie

- 2 medium pears, cored and sliced (frozen preferred for thicker shakes) Add all ingredients except the granola to a high-speed blender and process until smooth and creamy.
- 2 cup unsweetened almond milk (+more as needed to reach desired consistency) Add more almond milk to reach your desired consistency.
- 2–3 Medjool dates, to taste Divide mixture between two glasses and top with granola and more cinnamon.
- 1/2 tsp cinnamon Enjoy immediately!
- Pinch of powdered ginger
- 2 big handfuls of frozen spinach
- 1/2 small avocado or 1/4 medium
- 2 scoops vegan vanilla protein powder
- Bob's Red Mill Coconut Spice Pan-Baked Granola