



Serving For:	2
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Simple | Healthy | Delicious

Pear Berry Smoothie

INGREDIENTS

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| 2 pears, cored and chopped |
| 1 Cup baby swiss chard, tightly packed |
| 1 Cup almond milk or liquid of choice |
| ½ Cup berries |
| 2 Tbsp. chia seeds |
| ½ Cup ice |
| 2 Tbsp. Antioxidant Protein Booster |



DIRECTIONS:

1. Combine all ingredients in a blender and blend until smooth.