

Pear Blackberry Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 Pear
1 cup Blackberries
2 tbsps Ground Flax Seed
1/2 tsp Cinnamon
1 cup Baby Spinach
1 cup Water
6 Ice Cubes

DIRECTIONS

01 Add all ingredients to your blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	243	Carbs	47g
Fat	6g	Protein	7g