

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)
 - 2 cup unsweetened almond milk (+more as needed to reach desired consistency)
 - 2–3 Medjool dates, to taste
 - 1/2 tsp cinnamon
 - 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
- Add all ingredients except the granola to a high-speed blender and process until smooth and creamy.
- Add more almond milk to reach your desired consistency.
- Divide mixture between two glasses and top with granola and more cinnamon.
- Enjoy immediately!