

# **Pear, Kiwi, and Lime Juice**

From the Seattle and King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/PearJuice.aspx>

## **Ingredients**

- 2 ripe pears
- Juice of 1 medium lime
- 3 kiwis
- 2-3 ice cubes

## **Instructions**

1. Core and stem the pears. Coarsely chop and add to a blender.
2. Add lime juice.
3. Peel kiwis. Coarsely chop and add to blender.
4. Add ice, cover blender, and blend until desired consistency.
5. Pour into 2 glasses and garnish with thin-sliced pear wedges.

*Makes 2 servings*

## **Nutrition information per serving:**

Calories	171
Carbohydrate	44 g
Dietary Fiber	9 g
Protein	2 g
Total Fat	1 g
Sodium	5 mg
Sugars	27 g
Vitamin C	195% DV



**Wellness Center**