

## **Pear Nog**

From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign

<http://www.fruitsandveggiesmorematters.org/recipe?iRID=1017>

### **Ingredients**

- 1 pear, peeled, cored, cut into chunks
- ½ cup skim milk
- ¼ cup egg substitute
- 1 tsp. brown sugar
- 1 large pinch cinnamon (about ¼ tsp.)
- 2 ice cubes, cracked

### **Instructions**

1. Peel, core, and cut pear.
2. Place all ingredients in blender.
3. Blend on high for 15 seconds.
4. Serve.

*Makes 1 serving*

### **Nutrition information per serving:**

Calories	200
Carbohydrate	36 g
Dietary Fiber	6 g
Protein	12 g
Total Fat	2.5 g
Saturated Fat	0 g
Sodium	160 mg

