

Lean Green Smoothies

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pear-drink-recipe>

Ingredients:

- 1/2 pineapple peeled, cored and chopped
- 1/2 English cucumber peeled and chopped
- 1/2 pear ripe, peeled, cored and chopped
- 1 lime
- 1 cup baby spinach leaves
- 10 mint leaves chopped
- 1 teaspoon agave nectar
- ice crushed

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 46 grams
3. Fiber: 6 grams
4. Protein: 4 grams
5. Sodium: 5 milligrams
6. Sugar: 30 grams

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