



Spiced Pear Smoothies

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board + kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons

Ingredients

Spiced Pear Smoothies

- ☐ 3 pears
- ☐ 3 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1 T granulated sugar
- ☐ 1 banana
- ☐ 1 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****

- ☐ 1 squeeze fresh lemon juice
- ☐ 2 tsp pumpkin pie spice
- ☐ 1 pinch fresh or dried ground ginger
- ☐ 3 C ice

Food Allergen Substitutions

Spiced Pear Smoothies

Dairy: Substitute dairy-free/nut-free milk.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Spiced Pear Smoothies

chop + add

Have your kids wash and chop **3 pears** and add them to your blender (or pitcher to use with an immersion blender).

combine + blend

Combine **3 cups milk, 1 tablespoon sugar, 1 peeled banana, 1 teaspoon vanilla extract, 1 squeeze of lemon juice, 2 teaspoons pumpkin pie spice, 1 pinch of grated fresh ginger or dried ground ginger**, and **3 cups ice** in your blender with the chopped pears. Blend until smooth. Pour and enjoy!

Featured Ingredient: Pears!

Hi! I'm Pear!

"I'm a fruit with a distinctive shape, except for an Asian pear cousin who is shaped like an apple! There's even a word for 'pear-shaped': 'pyriform!' We European pears have a thinner neck and a rounder end, but we're all juicy and delicious!"

History & Etymology

Pears have been around for a long time! There is evidence around Lake Zurich in Switzerland that pears have been eaten since prehistoric times! Pears were grown in China from around 2000 BCE, and the ancient Romans ate them raw and cooked with them.

During the reign of Henry III, King of England, in the 1200s, court records indicate he received pears shipped to him from France.

The word "pear" comes from Old English "pere," West Germanic "pera," related to the Dutch "peer," from the Latin "pirum."

Anatomy

Pear tree varieties come from the *Pyrus* genus of the Rosaceae or Rose family. There are 30 major pear species and over 3,000 cultivars (bred plant varieties). The European species include the D'Anjou, Bartlett, and Bosc. The fruit from the East Asia tree species is called by many names, such as apple, Asian, Chinese, Japanese, Korean, Taiwanese, or nashi.

The pear tree grows from about 30 feet tall, although it can reach 56 feet, and some species are shrub-like. The fruit has a stem, green to yellow skin, white flesh, and a core with seeds.

How to Pick, Buy, & Eat

Pears are picked before they are ripe, still green, and can easily be snapped off the tree. They ripen at room temperature.

You can tell pears are ripe when you press them gently around the stem, and their flesh gives slightly. Many pear varieties do not change color when mature; however, the Bartlett pear turns yellow. To help pears ripen sooner, place them next to bananas. To delay ripening, put them in the refrigerator.

You can purchase pears fresh, canned, as purée, or juice. You can add pears to salads, soups, breads, desserts, and preserves.

Nutrition

Pears are part of a healthy diet. They have a moderate amount of fiber, vitamin C, and potassium. They have antioxidants that are concentrated in the peel. Pears also have a high water content and are low in calories.

Fiber aids digestion and slows sugar absorption, which is good for blood sugar. Vitamin C strengthens your immune system, contributes to wound healing, and helps build strong bones. Potassium is good for heart health, and the antioxidants in pears help prevent cancer and heart disease.