



Tastes as good as it is going to make you look AND a wonderful way of getting lots of nutritious ingredients into your children! My daughter, who is unbelievably picky, finished this smoothie without a blink of an eye and even asked for one more! It's very filling, so it will keep you away from snacking between meals (:  
Enjoy!

**Ingredients:**

3 medium pears, peeled and cut. You can use any good variety.

1 can of coconut milk (400 ml) You can also substitute with almond milk.

4 tbsp honey

1/2 cup crushed ice cubes

**Directions:**

Whip all the ingredients in a blender for about a minute. Pour smmothies in glasses and enjoy (:





