RECIPE

Strawberry Citrus Pear Smoothie

This simple sweet and tangy smoothie is packed with antioxidants, vitamin C, and fiber to keep you energized and satisfied all morning long.

Ready in 10 minutes
Serves 2 people

Tools

- High-speed Blender

Ingredients

- 1 ½ cups strawberries, fresh or frozen
- 1 large pear, cored and diced
- 1 large orange or 3 tangerines, peeled and sectioned
- Juice or 1 lemon or ½ lime
- ½ cup unsweetened applesauce
- 1 1/2 cups water or coconut water
- 3 Tbsp chia seeds

Preparation

1. Place all ingredients in a blender and blend until smooth. Serve immediately, or store in the refrigerator for up to 24 hours for optimal freshness.

Tips

This recipe is versatile and can be customized many ways. Including:

- Swap chia seeds for flax seeds or hemp seeds.
- Use orange juice instead of orange segments
- Use grapefruit instead of oranges or tangerines.
- Use any combination of berries you prefer instead of strawberries.
- Use diced apples instead of applesauce.

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