



Poached Pear and pineapple smoothie

Serves 4

Recipe by Zola Nene

Ingredients :

3 pears, peeled and chopped

1 vanilla pod, split

¼ cup water

Selati sweetener or Sugar to taste

½ medium pineapple, peeled, chopped and frozen

1 cup plain yoghurt

½ cup Pear juice

Methods :

Place pear, vanilla pod and water into a pot and cook gently until pears have softened.

Leave to cool completely before placing into a blender along with the Selati sweetener, frozen pineapple and yoghurt.

Blend until smooth, then add enough pear juice until a thick pouring consistency.

Serve chilled.