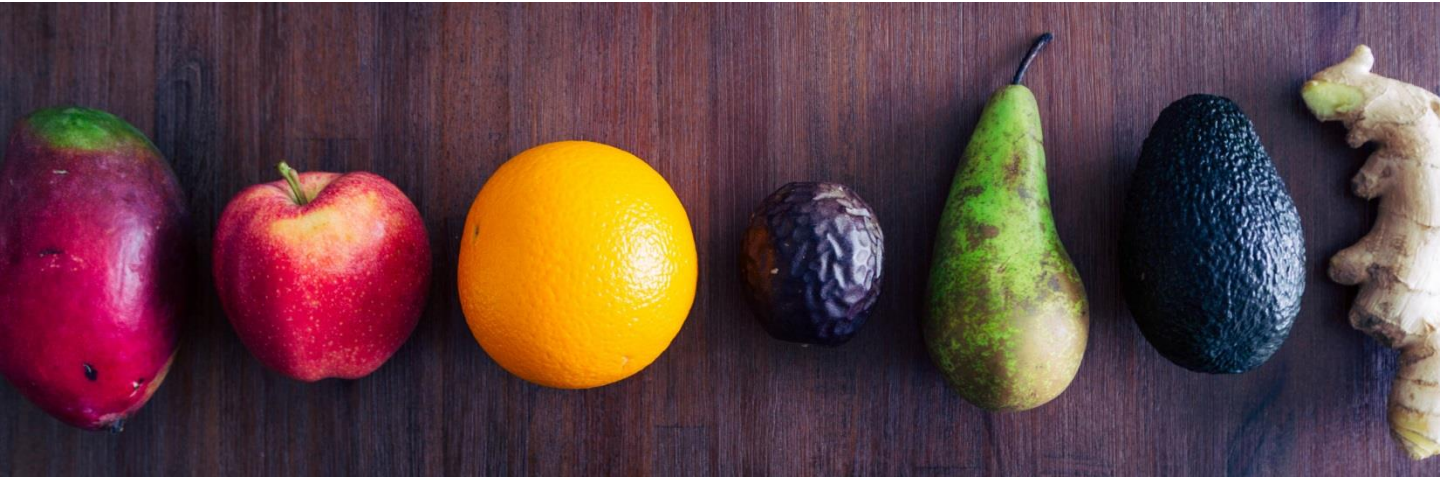




Smoothme

 **smooth__me**



Pear Kiwi Smoothie



- 1 large, ripe pear.
- 2 ripe kiwis.
- A pinch of powdered ginger.
- 1/2 glass of apple juice.
- If you like to sweeten a bit, use honey or stevia