

Green Smoothie with Pears

(Recipe by Anju Kapadia)

Ingredients: Makes two to three glasses

- Twelve – 15 cashews or walnuts halves or almonds soaked for 30 -60 minutes.
- One large or two medium or three small pears (core and skin removed) cut into cubes to make two cups
- Two cups packed Spinach (if worried about its hygiene, blanch it in a pan at high flame for 2-3 minutes)
- Three cups of cold water or more (depending on thickness or consistency of smoothie desired)
- Himalayan pink salt or desi namak to taste.
- A quarter teaspoon of roasted jeera (cumin) powder
- One tablespoon lemon juice or juice of one lemon

Directions

- Add all ingredients in a high-speed blender and blend until creamy and smooth.
- Serve at room temperature or refrigerated. Blend in ice cubes in the prepared smoothie as desired.