

Sweet pear smoothie (vegan)

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Supplement your breakfast with a healthy smoothie from Adele at Vegiehead.

Ingredients

- 2 pears, cored and sliced
- 1 date, pitted
- ½ banana
- 2 cups filtered water
- ½ cup ice cubes
- 1 tsp chia seeds

Blend and serve immediately.

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</div>
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