



## DRINKS

# APPLE, PEAR AND PLUM SMOOTHIE

### Ingredients (For 1 smoothie )

- 2 pears
- 1 apple
- 8 plums

### Preparation:

Wash the fruits.

Core and quarter the apples.

Pit the plums.

Place the pears and apples in a centrifugal juicer to extract the juice.

Transfer to a blender bowl and blend the juice thoroughly with the plums.