



Ingredients

- ✓ 2 ripe pears
- ✓ 6oz - 10oz fresh or frozen raspberries
- ✓ Ice cubes (if not using frozen berries)
- ✓ 1 ripe banana
- ✓ 1 - 2 fresh aloe leaves
- ✓ 2 cups unsweetened almond milk
- ✓ ½ cup cranberry juice
- ✓ 1 single-serving envelope protein powder
- ✓ 1 - 2 Tbsp. agave nectar (optional)

Notes:

- For protein powder, we suggest PlantFusion (unflavored).
- Any natural sweetener can be substituted for the agave nectar.

Preparation

Peel and core the pears and cut them into chunks. Next, remove the peel from the aloe leaves and scrape out the pulp and rinse. Finally, combine all ingredients in Vita-Mix or blender and serve.