

Chocolate-Pear Smoothie

(Adapted with permission from [Good Carbs, Bad Carbs](#) -- DaCapo Lifelong Books, New York.) Thirty seconds to prepare, thirty seconds to mix, and then take your time to enjoy this luscious creamy treat.



Serving size: 12 ounces. Yield: 2 servings.

Ingredients

1 cup nonfat or 1% milk
2 tbs. unsweetened cocoa powder
1 medium pear (fresh, frozen or canned) peeled and cut into small pieces
1 tsp. honey
Dash ground cardamom

Directions

Combine all ingredients in a food processor. Blend at high speed for 30 seconds. Pour into two 12-oz. glasses. Serve immediately.

Nutritional Information

Calories: 131
Carbohydrates: 27 g
Protein: 6 g
Fat: 2 g
Saturated Fat: < 0.5 gram
Cholesterol: 0 mg
Fiber: 3 g

GI Value: 36 - low