

Pear and Cherry Smoothie

You don't have to use frozen cherries in this but I made this out of season so had to. The frozen fruit made this really fresh first thing in the morning.



- 1 large pear
- 1 large banana
- 20 frozen cherries
- 2 glasses of water
- Large pinch of cinnamon
- 2tbsp of milled flaxseeds

Place all the ingredients, except the flaxseeds into a blender and blend until thick. Stir in the flaxseeds and enjoy 😊