

Pear "Helene"

Drink

level 

 1

 3 min



Ingredients

1 sachet Calshake Chocolate
120 ml full-fat milk (3.5% fat)
2 tinned pear halves (120 g)
1 table-
spoon orange juice

Nutritional information per serving:

Energy 601 kcal
Protein 8.4 g
Fat 26.0 g
Carbohydrate 83.0 g
Fibre 3.0 g



Preparation

Put the milk, the pears, the orange juice and the Calshake Chocolate powder into a mixer and mix until the pears are puréed.

TIP:

Garnish with
chocolate
flakes.