Pear-Ginger Sweet Potato Shake  

Serves 4.

All you need:
- 2 medium-sized leftover baked sweet potatoes, cooled*
- 2 ½ cups light vanilla soymilk, divided
- 1/2 cup 1% cottage cheese
- 1 cup frozen banana chunks**
- 1 cup frozen pear chunks***
- 1/2 cup non-fat plain Greek yogurt
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tsp minced fresh ginger
- 3/4 tsp vanilla extract
- 2 tablespoons maple syrup
- 2 to 3 cups ice, depending upon how thick you like your shake

All you do:
1. Remove sweet potato pulp from potato skin; discard skins. Add pulp to a blender with 1 ½ cups soymilk and cottage cheese. Puree for 2 to 3 minutes or until completely smooth, scraping down edges of blender pitcher with a spatula, if necessary.
2. Add frozen banana and pear, remaining 1 cup soymilk, yogurt, cinnamon, nutmeg, ginger, vanilla and maple syrup. Puree until blended and smooth, stopping blender to scrape sides if necessary. Add 2 cups ice and pulse to chop; blend until smooth. Add remaining 1 cup ice, if desired, to reach a thicker consistency.
3. Pour into 4 drinking glasses and serve.

*If you don’t have any leftover sweet potatoes, scrub the potato skins with a produce brush. Pierce the sweet potato 5 to 6 times with the tines of a fork. Place on a microwave-safe plate and microwave for 8 to 10 minutes or until soft, rotating halfway through.

**To freeze bananas: Peel ripe bananas and slice into ½-inch pieces. Arrange in a single layer on a baking sheet or parchment paper-lined plate. Freeze until completely firm. When frozen, transfer to freezer zip-top bags until ready to use.

***To freeze ripe pears: Rinse, dry and core pears. Cut into ½-inch pieces. Arrange in a single layer on a baking sheet or parchment paper-lined plate. Freeze until completely firm. When frozen, transfer to freezer zip-top bags until ready to use.

209 calories, 41g carb., 1g fat, 0g sat. fat, 5g fiber, 11 g protein

Preparation time:
- 10 minutes

Cooking time:
- 10 minutes