

From the kitchen of:
Blue Zones Project®

Cyrus Howe
Blue Zones Project - Hawaii

Asian Pear Punch

Ingredients:

3 large Asian pears (Korean pears are good)

2 liters club soda

2 cups cold water

2 tsp vanilla extract

2 tsp cinnamon

2 Tbsp raw local honey to taste

1 Tbsp raw ginger, peeled, and chopped

Raw cranberries (optional garnish)

Raspberries (optional garnish)

Citrus slices (optional garnish)

Directions:

Peel and cut the pears removing seeds and stem. Add pears, ginger, vanilla extract, cinnamon, honey, and water to blender and blend until smooth.

In your pitcher or punch bowl, add pear blend and club soda over lots of ice.


Stir until punch is evenly mixed.

Garnish with cranberries, raspberries, and/or citrus wheels.

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