

Pear Juice



Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Ingredient
Misc	Child Friendly , Freezable , Pre-preparable
From book	Friendly Food

Ingredients

- 1 can Pears in syrup

Directions

1. Pour the pears and syrup into a food processor and process for 2 to 3 minutes until pureed.
2. Store in the fridge until needed. Any left over juice can be frozen., use ice cube trays to freeze the juice then store the frozen cubes in an airtight container until needed.

Note

Pear juice is a good substitute wherever fruit juice is required.

Low Chemical / Failsafe