



# Winter Pear and Chestnut Noel Smoothie

## My Winter Kitchen Secret

I have a little secret for cold days. I make a smoothie that tastes like a holiday. It is sweet and nutty and warm with spice. It feels like a cozy hug in a glass. Doesn't that sound nice?

My grandson calls it the "Christmas Smoothie." I still laugh at that. I make it all winter long. It uses pears and chestnuts. They are both so good this time of year. This matters because it turns simple winter fruits into something special. What is your favorite winter fruit? Tell me in the comments.

## The Tale of the Chestnut

Let me tell you about chestnuts. When I was a girl, we would roast them on the fire. Their smell filled the whole house. It was a happy, toasty smell. We would peel them while they were still warm.

Now, I buy them already cooked and peeled. It makes life easier. *Fun fact: a chestnut tree can live for over 1,000 years!* I add them to this smoothie for that same warm, happy taste. It reminds me of those old days. This matters because food can carry our best memories.

## Why This Smoothie Works

The magic is in the mix. The pear makes it sweet and fresh. The banana makes it creamy. The chestnut and almond butter give it a rich, nutty heart. Then comes my favorite part: the cardamom.

Cardamom is a little spice. It tastes a bit like oranges and pine. Just a pinch makes the whole drink sing. It ties all the flavors together. Does your family use a special spice in winter drinks? I would love to know.

## How to Make It Just Right

Making this is simple. Put everything in the blender. Start it slow. This helps the chestnuts break down. Then let it run until it is perfectly smooth. Listen to the sound change.

If it is too thick, add a splash more milk. You want it to pour easily. The best part? You can taste as you go. I always do. Do you like your smoothies thick or thin? I'm team thick!

See also [Raspberry Almond Yuletide Delights](#)

## A Sip of Comfort

This is more than a drink. It is a moment of quiet. It is for when you come in from the cold. Your cheeks are pink. Your hands need warming. This smoothie helps.

It fills you up in a gentle way. It is made from real, whole foods. That matters. It is a small act of care for yourself. I hope you try it. Share a picture if you do. I would love to see your kitchen creation.

## Ingredients:

Ingredient	Amount	Notes
Ice	1 cup	
Banana	1 ripe	peeled and halved crosswise
Pear	1 very ripe	peeled, quartered, and cored
Chestnuts	½ cup	peeled and cooked
Almond butter	2 tablespoons	creamy
Ground cardamom	¼ teaspoon	
Milk (dairy or plant-based)	1¼ cups	plus extra as needed for consistency



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Hello, my dear. Come sit a moment. I want to tell you about this smoothie. It tastes like a snowy afternoon by the fire. The pear makes it sweet and fresh. The chestnuts make it feel cozy and warm. I think of singing carols with my sisters. We would roast chestnuts on the old stove. Doesn't that smell amazing? This drink is like a hug in a glass. It's perfect for sharing with someone you love. Let's make some together.

### Instructions

**Step 1:** First, get your blender. Add the ice, then the banana and pear. Next, drop in the chestnuts and almond butter. Finally, sprinkle the cardamom and pour in the milk. I still laugh at that time I forgot the banana. (A hard-learned tip: always peel your pear well, or the skin makes little bits.)

**Step 2:** Now, put the lid on tight. Start the blender on the slowest speed. Let it churn for about ten seconds. It will look a bit lumpy, and that's okay. Scrape down the sides if you need to. What's your favorite kitchen tool? Share below!

See also Silken Chocolate Noel Slice

**Step 3:** Turn the speed all the way up. Let it run for a full minute and a half. Watch it turn creamy and dreamy. Pour it into two glasses. If it's too thick, add a splash more milk. Then serve with a big smile.



## Creative Twists

**Ginger Snap:** Add a tiny pinch of ground ginger. It gives a little spicy kick.

**Chocolate Snow:** Mix in a teaspoon of cocoa powder. It makes it taste like a dessert.

**Vanilla Cloud:** Use a drop of vanilla extract. It smells like Christmas cookies.

Which one would you try first? Comment below!

## Serving & Pairing Ideas

This smoothie is a treat all by itself. For a snack, try it with a shortbread cookie. A sprinkle of cinnamon on top looks so pretty. For a drink friend, warm apple cider is lovely. Grown-ups might like a small glass of spiced rum with theirs. It's a cozy match. Which would you choose tonight?



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### Keeping Your Noel Smoothie Just Right

This smoothie is best fresh. But life gets busy, I know. You can store it in the fridge for one day. Just give it a good stir before drinking.

I don't recommend freezing the blended drink. It separates. But you can prep the ingredients ahead. Chop the pear and banana. Store them in a bag in the freezer.

I once froze the whole smoothie for a week. It was a grainy mess! Now I just freeze the fruit. This saves you precious morning minutes. A little prep makes busy days smoother. **Have you ever tried storing it this way? Share below!**

### Smoothie Troubles? Let's Fix Them

Is your smoothie too thick? Add more milk, one splash at a time. Blend again. Too thin? Add a few more ice cubes or half a banana.

Not sweet enough? Your pear might not be ripe. A very ripe pear is key. I remember using a hard pear once. The smoothie tasted bland.

Getting chunks? Always start blending on low speed. This mixes everything gently first. Then go to high. This matters for a silky texture. Fixing small problems builds your kitchen confidence. **Which of these problems have you run into before?**

See also [Greek Turkey Meatballs for Christmas Dinner](#)



## Your Quick Questions, Answered

**Q: Is this gluten-free?** A: Yes, all these ingredients are naturally gluten-free.

**Q: Can I make it ahead?** A: Prep the fruit and freeze it. Blend it fresh in the morning.

**Q: I don't have cardamom.** A: A pinch of cinnamon or nutmeg works nicely too.

**Q: Can I double the recipe?** A: Absolutely! Just make sure your blender isn't too full.

**Q: Any optional tips?** A: A tiny drizzle of honey on top is lovely. \*Fun fact: Chestnuts are seeds, not nuts!\* **Which tip will you try first?**

## Wrapping Up From My Kitchen

I hope you enjoy this cozy drink. It always reminds me of snowy mornings. My kitchen window would be all frosty.

I would sip and watch the birds. It's a simple, happy memory. I'd love to hear about your kitchen moments. **Have you tried this recipe?** Tell me all about it in the comments.

Happy cooking! —Elowen Thorn.



WINTER PEAR  
AND CHESTNUT  
NOEL SMOOTHIE

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# Winter Pear and Chestnut Noel Smoothie

Author: Elowen Thorn



Cooking Method: [Blender No-Cook](#)



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Cuisine: [American](#)



Courses: [Breakfast](#) [Snack](#) [Beverage](#)





## Winter Pear and Chestnut Noel Smoothie | 17

Difficulty: **Beginner**



## Winter Pear and Chestnut Noel Smoothie | 18

Prep time: **10 minutes**



Cook time: **minutes**



Rest time:





## Winter Pear and Chestnut Noel Smoothie | 21

Total time: **10 minutes**



## Winter Pear and Chestnut Noel Smoothie | 22

Servings: **2 servings**



Calories: **295 kcal**



Best Season: **Summer**

## **Description**

A festive and creamy smoothie blending ripe pear, sweet chestnuts, and



warm cardamom for a comforting winter treat.

## Ingredients

- ☐ 1 cup Ice
- ☐ 1 ripe banana, peeled and halved crosswise
- ☐ 1 very ripe pear, peeled, quartered, and cored
- ☐ ½ cup peeled cooked chestnuts
- ☐ 2 tablespoons creamy almond butter
- ☐ ¼ teaspoon ground cardamom
- ☐ 1¼ cups dairy or plant-based milk, plus extra as needed

## Instructions

1. In order listed, add all ingredients to blender and process on low speed until mixture is combined but still coarse in texture, about 10 seconds, scraping down sides of blender jar as needed.
2. Gradually increase speed to high and process until completely smooth, about 90 seconds.
3. Adjust consistency with extra milk as needed. Serve.

## Notes

For a richer flavor, use roasted chestnuts. If using unsweetened plant-based milk, you may want to add a touch of maple syrup or honey to taste.

Keywords: Smoothie, Pear, Chestnut, Winter, Noel, Healthy