

DESSERT

BAKED PEARS

105 calories per serving



Prep Time:
10 mins

Cook Time:
10 mins

Total Time:
20 mins

Serves:
4 people

INGREDIENTS:

- 4 Pears (cored and chopped into pieces)
- 2 tsp Ground Cinnamon
- 1/2 tsp ground ginger
- 1/4 cup water

METHOD:

1. Pre-heat oven to 180°C
2. Add pears to a large baking dish and sprinkle with cinnamon and ginger. Toss the pears and add the water, toss again.
3. Cover with foil and bake for 20-40 minutes, checking and stirring once or twice during cooking time.

COOKING TIPS

- The easiest way to chop a pear is to half, remove the core using a melon baller and then chop into bite-sized pieces. You may peel the pear if you wish but you don't have to.
- If you don't like cinnamon or ginger then you can try alternative spices such as cardamom, clove or allspice.
- Cooking time will vary depending on the ripeness of the pear. Cook until soft or desired texture. Delicious served with natural or Greek yoghurt!

Delicious with natural Greek yogurt.