

Baked Pear with Cinnamon



Ripe pears, cut in half
1/2 tsp pure maple syrup (per pear)
generous sprinkle of cinnamon

Optional Toppings

1 Tbsp double cream or crème fraîche
1 Tbsp chopped nuts (try walnuts, hazelnuts, almonds or pistachios) or granola

INSTRUCTIONS

1. Pre-heat oven to 350F (180C)
2. Slice the pears in half and gently scoop out the seeds. Drizzle each pear with maple syrup and sprinkle with cinnamon.
3. Bake on a baking pan or in an oven-proof dish until soft and tender, about 25-30 minutes.
4. Top with a spoonful of cream, and your favourite chopped nuts.

Recipe Makes: 1 serving
Prep Time: 5 minutes
Cook Time: 25-30 minutes

Nutrition Facts

Servings: 1

Amount per serving

Calories	221
	% Daily Value*
Total Fat 12.8g	16%
Saturated Fat 4.2g	21%
Cholesterol 21mg	7%
Sodium 88mg	4%
Total Carbohydrate 27.8g	10%
Dietary Fiber 5.8g	21%
Total Sugars 16.6g	
Protein 3.8g	
Vitamin D 8mcg	39%
Calcium 45mg	3%
Iron 1mg	5%
Potassium 334mg	7%