

Food of the Month

Pears!

Baked Pears

Ingredients

- 4 Pears
- 1/2 cup maple syrup
- 1/4 tsp cinnamon
- Optional toppings: granola, Greek yogurt, honey

Benefits

- Great source of vitamins C & A
- High in fiber
- High in antioxidants
- Low calorie
- Least allergenic of all fruits

Instructions

Preheat the oven to 375 F. Cut pears in half, then cut a small sliver off the underside so the pears sit flat when placed upright on the baking sheet. With a spoon, core out the seeds. Arrange pears, facing up, on the baking sheet. Sprinkle evenly with cinnamon. Drizzle maple syrup over the pears. Bake pears for about 25 minutes until soft and lightly browned on the edges. Remove pears from the oven. Serve warm with granola, yogurt, and honey.

