

PEARS



STORAGE

Keep ripe pears in the refrigerator for up to 1 week.

HOW TO RIPEN

Keep them at room temperature until they are slightly soft.

HELPS SUPPORT

Digestion and immune system.

HOW TO USE

Add to low fat yogurt or cereal for breakfast or a snack.

BAKED PEAR DESSERT

Servings: 2

Preparation Time: 35 Minutes

INGREDIENTS

- 2 medium pears
- 2 teaspoons honey
- 2 teaspoons ground cinnamon

Optional

½ cup chopped nuts

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Wash pears and cut them into medium slices.
3. Put pears in an oven-safe dish and drizzle with honey, chopped nuts (if using them), and lightly sprinkle the cinnamon over the pears.
4. Bake in the oven for about 30 minutes.



Photo: My Tu Duong via EatFresh.org

Adapted from SuperFood Drive (Modified from Superfoodsrx.com)