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.

Adapted from SuperFood Drive (Modified from Superfoodsrx.com)