



Baked Pears with Walnuts and Honey

*Use Organic Ingredients when possible

Ingredients:

- 2 Large ripe pears (Anjou, Bosc, and Royal Riviera pears work best)
- ¼ Tsp Ground cinnamon
- 2 Tsp Honey
- 1/4 Cup Crushed walnuts

Instructions:

1. Preheat oven to 350F.
2. Cut the pears in half and place on a baking sheet. You can cut a sliver off the other end so that they sit upright.
3. Using a measuring spoon or melon baller, scoop out the seeds.
4. Sprinkle with cinnamon, top with walnuts and drizzle ½ teaspoon honey over each one.
5. Bake in the oven for 30 minutes. Remove, let cool, and enjoy!

Prep Time: 5 mins.

Cook Time: 30 mins.

Yields: 4 Servings