

Recipes makes: 4 Servings



Ingredients-

- ♥ 2 large, ripe pears
- ♥ ¼ tsp ground cinnamon
- ♥ 2 tsp honey
- ♥ 2 tsp **D'Avolio Cinnamon Pear Balsamic Vinegar**
- ♥ ¼ cup crushed walnuts

Optional Addition:

- ♥ ¾ cup plain low-fat yoghurt
- ♥ 1 tsp vanilla extract
- ♥ 1 tsp honey

PREPARATION:

1. Preheat the oven to 350 degrees.
2. Cut the pears in half and place with the skin-side down on a baking sheet (cut a sliver off the outer end of the pear so that it sits flat on the baking sheet without rolling).
3. Using a measuring spoon or melon baller, scoop out the seeds.
4. Sprinkle with cinnamon, top with walnuts, and drizzle ½ tsp honey and ½ tsp vinegar over each half.
5. Bake in the oven 30 minutes. Remove, let cool, and enjoy!

Optional Addition:

6. Mix together yoghurt, vanilla extract, and 1 tsp honey. Feel free to freeze the yoghurt mixture or serve it soft. Dollop on top of cooked, cooled pear and enjoy!

Nutrition Facts	
Serving Size: 1/2 Pear with 3 Tbsp yoghurt	
Servings: 1	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 35mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	17%
Sugars 20g	
Protein 4g	
Vitamin A 2%	• Vitamin C 8%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

