D'Avolio

# Baked Pears with Walnuts and Honey

Chef Tiffany Gagliardo from D'Avolio



#### **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.
- 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!

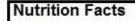
#### **Optional Addition:**

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!



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Serving Size: 1/2 I Servings:1	Pear w	rith 3 Tosp yoghun
Amount Per Serving		_
Calories 170	Ca	alories from Fat 50
		% Daily Value*
Total Fat 6g		9%
Saturated Fat 1g		5%
Trans Fat Og		
Cholesterol less than 5mg		1% 1%
Sodium 35mg	1%	
Total Carbohydrate 27g		7g 9%
Dietary Fiber 4g		17%
Sugars 20g	25.72	
Protein 4g		
Vitamin A 2%	•	Vitamin C 8%
Calcium 10%	•	Iron 2%
"Percent Daily Values an	e based	on a 2,000 calorie diet.