

## Baked Pears



### Ingredients:

- 2 large firm pears, washed and cut into half with seeds removed
- 1/2 cup rolled oats
- 1/4 cup walnuts, chopped
- 1 tablespoon sunflower or pumpkin seeds
- 3 tablespoons maple syrup
- 1 teaspoon vanilla
- 1 tablespoon butter
- 3 teaspoons cinnamon
- 1/4 teaspoon ginger
- Low-fat frozen vanilla yogurt (optional)

### Directions:

1. Cut a thin slice at the bottom of pears so they'll stand upright in a baking dish.
2. In a small bowl, combine the oats, 1 teaspoon cinnamon, walnuts, pumpkin seeds, and syrup.
3. Place the oats on a baking sheet.
4. In a small bowl, combine vanilla, remaining cinnamon, ginger and butter forming a paste. Spread onto the pears.
5. Bake the oats and pears uncovered in a 375 F oven for 30 minutes, or until pears are desired texture.
6. Remove from the oven and allow to cool.
7. Top the pears with the oats before serving alone or with low-fat yogurt.

Makes 4 servings.



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