

# **Baked Pears with Vanilla Yogurt and Granola**

From the National Dairy Council Recipe Index

<http://www.nationaldairyCouncil.org/Recipes/Pages/Baked-Pears-with-Vanilla-Yogurt-and-Granola.aspx>

## **Ingredients**

- 2 medium pears (Bartlett or D'Anjou pears)
- ½ cup apple juice
- 1 cup water
- 1 Tbsp. honey
- 1 Tbsp. ground cumin
- 3 (6oz) containers low-fat vanilla yogurt
- ½ cup low-fat granola
- Mint leaves, optional

## **Instructions**

1. Preheat oven to 375 degrees Fahrenheit. Cut pears in half lengthwise and remove core with a melon baller or small spoon. While pears are baking, cut side down, in a shallow baking dish just large enough to hold them.
2. Pour apple juice and water over pears; drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender. While pears are baking, place granola in a shallow baking pan or pie plate and toast in oven 10 minutes; set aside.
3. When pears are done, pour baking liquid into a small saucepan and reduce over medium heat until about ¼ cup of syrup remains; set aside to cool.
4. Line a colander with paper towels and place over bowl to catch drips. Pour yogurt into colander and allow to drain about 30 minutes. Divide yogurt among 4 shallow bowls. Place warm pear half, cut side up, over yogurt. Top with toasted granola and drizzle with syrup. Garnish with a mint leaf, if desired.

*Yields ½ pear plus ¼ of yogurt mixture, per serving*

## **Nutrition information per serving:**

Calcium	25% DV
Calories	240
Carbohydrate	49 g
Cholesterol	5 mg
Dietary Fiber	3 g
Protein	8 g
Total Fat	2.5 g
Saturated Fat	1 g
Sodium	115 mg



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