

Maple-poached pears

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Preparation 15 mins | Cooking 20 mins | Serves 4

2 tbs maple syrup
¼ cup caster sugar
½ cup water

4 Beurre Bosc pears, peeled and cut into bite-sized pieces

STEP 1 Combine maple syrup, sugar and water in a medium saucepan over medium heat. Stir until sugar dissolves. Cover and bring to the boil.

STEP 2 Add pears and bring to the boil. Reduce heat and simmer, stirring occasionally, for 15-20 minutes until tender and golden. Set aside to cool slightly and serve. Store in an airtight container in the fridge for up to 5 days.

Serving suggestions:

- For breakfast: Layer pears in serving glasses with reduced fat yoghurt and toasted muesli.
- For dessert: Spoon pears over toasted waffles and serve with a scoop of reduced fat ice-cream.

Good for you... PEARS

They may not look fibrous, but pears are a good source of dietary fibre, so that makes them a filling and satisfying food. Pears are a source of vitamin C. This vitamin not only helps guard us against infection but it's also important for healthy teeth and gums. Pears are digested slowly and that means they give us energy over a longer time than some foods. That makes them a great food to eat an hour or so before playing sport.

