

Roasted pears with honey & walnuts



Roasted pears with honey & walnuts

Preparation 20 mins | Cooking 25 mins | Serves 4

- 4 medium just-ripe Beurre Bosc pears
- ¼ cup honey
- 1 tbs maple syrup
- ¼ tsp ground cinnamon + extra for sprinkling yoghurt
- ⅓ cup walnuts, roughly chopped
- 1 cup Greek-style natural yoghurt, to serve

STEP 1 Preheat oven to 200°C /180°C fan-forced. Peel and halve pears lengthways and scoop out the cores. Place cut-side up into a large baking pan lined with baking paper.

STEP 2 Combine honey, maple syrup and cinnamon in a small bowl. Microwave on high for 10 seconds. Drizzle mixture over pears. Roast pears, tossing occasionally, for 15 minutes.

STEP 3 Top pears with walnuts and spoon over the pan juices. Roast for a further 10 minutes or until tender. Set aside to cool slightly. Spoon yoghurt into a serving dish, dust with cinnamon and serve with the pears.

Good for you... PEARS

A good source of dietary fibre. Pears are also a natural source of sorbitol, which helps keep the body regular. Provide vitamin C, an important vitamin for healthy gums and blood vessels. A fruit with a low GI, which means it releases its natural sugars slowly.

