

# Cinnamon Baked Pears

These stuffed pears are easy to make, and a delicious dessert or snack.

Makes: 4 Servings  
 Prep Time: 5-10 minutes  
 Cook Time: 25-35 minutes

Source: recipe modified from FoodHero

## Ingredients

- 2 ripe pears
- 3 tablespoons walnuts, chopped
- 2 teaspoons honey or brown sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon dried cranberries

## Directions

1. Pre-heat oven to 350 degrees.
2. Cut the pears in half lengthwise. Scoop out the seeds with a spoon.
3. Place pears in a baking dish. Fill centers with chopped walnuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
4. Sprinkle each half with cinnamon and cranberries.
5. Bake at 350 degrees for 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Baking dish



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/2 a pear

Nutrients	Amount
Calories:	69
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	16 mg
Total Carbohydrates:	16 g
Dietary Fiber:	1 g
Total Sugars:	14g
Added Sugars:	0 g
Protein	1 g

# SHOPPING LIST

Average total cost : \$7.88

Average cost/serving: \$1.97

Recipe Makes: 4

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Ground Cinnamon



Add 1 to Cart  
Walnuts, 4 ounce bag



Add 2 to Cart  
Fresh Pear



Add 1 to Cart  
Light Brown Sugar, 32 ounces



Add 1 to Cart  
Cranberries

## Save Time, Save Money

### Preparing Tips

- If your pears are super firm and unripe, leave out at room temperature in paper bag to help ripen faster.
- Ripe pears should be refrigerated to slow the ripening process and saved for use up to five days later.
- Best pears to used for baking are Bosc and Anjou pears, they will keep their shape and not fall apart.

### Similar Recipes

- Baby Greens Salad with Pears