

Poached pears with cinnamon, honey, yogurt and granola

Ingredients

- 2 large Bosc pears, quartered and seeded
- 1 1-inch piece of fresh ginger root, peeled and grated
- 2 tablespoons honey
- 1 ½ teaspoons ground cinnamon or 2 cinnamon sticks
- Water as needed
- 2 cups nonfat Greek yogurt
- 1 cup granola

Directions

- Combine pears with ginger, honey and cinnamon mixture.
- Pour water into pot, enough to cover pear slices, and bring to boil.
- Gently place pears in boiling water.
- Cover pot, reduce heat and simmer 25-30 minutes or until fork tender.
- Remove from heat and allow pears to cool in poaching liquid.
- Serve 2 pear quarters atop ½ cup yogurt, sprinkle with ¼ cup of granola per person.



Nutritional information

Servings: 4

Cost: \$6.72 total / 1.68 per serving

Calories: 263 per serving