

# Pears:

## Nutritional Facts

A medium-sized pear provides the following nutrients:

- Calories: 101
- Protein: 1 gram
- Carbs: 27 grams
- Fiber: 6 grams
- Vitamin C: 12% of the Daily Value (DV)
- Vitamin K: 6% of DV
- Potassium: 4% of the DV
- Copper: 16% of DV

Pears make a great snack. It's also easy to add them to your favorite dishes, such as oatmeal, salads, and smoothies.

Popular cooking methods include roasting and poaching. Pears go well with chicken, pork, cinnamon, nutmeg, lemon and chocolate. However you choose to eat them, remember to include the skin to get the most nutrients.



### Pear and Pineapple Smoothie

- 1 ripe pear, cored and cut into large chunks
- 1 1/2 cups cubed pineapple
- 1 packed cup spinach
- 10-12 sprigs fresh cilantro
- 1 cup (250 mL) coconut water

Place all of the ingredients into a blender and puree at high speed until smooth.



# Healthy Baked Pears

## Ingredients:

- 2 Ripe pears
- 2 tsp pure maple syrup
- 1 tsp cinnamon



1. Preheat the oven to 350 degrees.
2. Slice the pears in half and gently scoop out the seeds using a spoon.  
You can remove the stems or leave them on for a pretty presentation.
3. Place the pears cut side up in any baking dish.
4. Drizzle each pear with maple syrup and sprinkle with cinnamon.
5. Bake on a baking pan or in an oven-proof dish until soft and tender, about 25-30 minutes. Add any toppings you like and enjoy!

## Variations:

- Add a hint of vanilla flavor by sprinkling a pinch of vanilla bean powder in with the cinnamon.
- As a replacement for maple syrup, feel free to use: raw honey, coconut nectar, homemade date paste, coconut sugar or yacon syrup.
- For a great fall flavor, use pumpkin pie spice in place of the cinnamon.
- Add a splash of lemon juice for a delicious tart flavor.

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