

Oven-baked pears

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Oven-baked pears

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Ingredients (serves 2)

- 1 green or brown pear, peeled, halved and cored
- 1 tbs walnuts, finely chopped
- 1 tbs raisins, finely chopped

Syrup

- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ tsp ground cinnamon

Method

To make the syrup, place all ingredients into a saucepan on a low heat and set aside. Pre-heat an oven to 180°C. Place some foil or baking paper on a baking tray. Place the prepared pear halves core side up on the tray. Combine the chopped walnuts and raisins together and carefully place them in the cored-out area of the pear.

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With a spoon, place some of the syrup over the pear and bake for 15 minutes. At the half way point, place some more of the syrup over the pear. Serve immediately.

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