

Cinnamon Baked Pears

Ingredients

- 2 ripe pears
- 3 tablespoons walnuts, chopped
- 2 teaspoons honey or brown sugar
- ¼ teaspoon cinnamon
- 1 tablespoon dried cranberries

Notes: Honey is not recommended for children under 1 year old.

Makes: 4 Pear Halves
Prep time: 15 minutes
Cooking time: 30 minutes

Instructions

1. Cut the pears in half lengthwise. Scoop out the seeds with a spoon or melon baller.
2. 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.
3. Sprinkle each half with cinnamon and cranberries.
4. Bake at 350 degrees for 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.
5. Refrigerate leftovers within 2 hours.

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Material was funded by USDA'S Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the DSHS Community office at 877 501 2233; or go to <http://foodhelp.wa.gov>. USDA and WSU are equal opportunity providers and employers.



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Peras Horneadas con Canela

Ingredients

- 2 **peras** maduras
- 3 cucharadas de **nueces**, picadas
- 2 cucharaditas de **miel** o **azúcar morena**
- ¼ cucharadita de **lataela**
- 1 cucharada de **arándanos rojos secos**

Notas: No se recomienda la miel para niños de menos de 1 año de edad.

Tiempo de preparación: 15
Tiempo para cocinar: 30

Instructions

1. Corte las peras en mitades longitudinalmente. Remueva las semillas con una cuchara o utensilio para hacer bolas de fruta.
2. Coloque las peras en una bandeja para hornear. Llene el centro de cada con nueces picadas y agregue media cucharadita de miel o azúcar morena en forma de lluvia sobre cada mitad de pera.
3. Espolvoree cada mitad con canela y arándanos.
4. Hornee a 350 grados F por 25 a 35 minutos o hasta que las peras estén suaves cuando se perforan con un tenedor. Sirva caliente.
5. Refrigere lo que sobre dentro de las siguientes 2 horas.

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