



Simple | Healthy | Delicious

Honey Baked Pears

INGREDIENTS

2 pears
1 tablespoon lemon juice
2 tablespoons honey
¼ cup water
2 tablespoons melted butter
1/3 cup Nature's Earthly Choice Nut Flour Blend
1/3 cup old-fashioned oats
1 tablespoon brown sugar
1 teaspoon ground cinnamon
1 teaspoon apple pie spice
1 teaspoon pure vanilla extract



DIRECTIONS:

1. Pre-heat the oven to 375 degrees Fahrenheit. Slice each pear in half and scoop out the seeds. To make room for filling, scoop out more flesh. Lightly brush each half with melted butter and set the remaining butter aside.
2. In a bowl, combine the lemon juice, honey, and water. Place the pears in a baking dish and pour the honey mixture over them.
3. In a separate bowl, mix together the nut flour, oats, brown sugar, cinnamon, apple pie spice, vanilla, and remaining butter. Scoop onto the pear halves.
4. Bake for 25 minutes or until the pears are tender, light brown, and bubbling. Serve warm with whipped cream and an extra drizzle of honey.