



# *Quick Baked Pears*

CHRISTMAS RECIPE

# Ingredients

2 large Bosc pears

2 teaspoons sugar

1/4 teaspoon cinnamon

1/4 cup dried cranberries or dried mixed fruit

1/4 cup low-fat granola

1/4 cup apple juice

1/2 cup vanilla low-fat frozen yogurt, divided into 4 small scoops

# Directions

## Step 1

Peel pears; cut in half lengthwise. Use a melon baller or grapefruit spoon to remove core and seeds, creating a hollow.

## Step 2

Place pear halves, with cut sides up, in a glass pie plate. Combine sugar and cinnamon; sprinkle evenly over pears.





### Step 3

Combine cranberries and granola; mound into hollows of the pear halves. Pour the apple juice in and around pear halves. Cover dish loosely with wax paper.

### Step 4

Cook in microwave on HIGH 6-8 minutes or until the pears are tender when pierced with a knife. Let stand in the dish 5 minutes. Use a large slotted spoon to transfer the pears to serving plates.

### Step 5

Drizzle juices from pie plate over pears and serve with frozen yogurt.

