



# Baked Pear Parfait

Servings 4 | Prep time 15 mins. | Total time 39 mins.

## Equipment:

Baking Dish

Small Saucepan

Serving Dishes, Measuring Cups and Spoons

## Utensils:

Knife

Spoon

Mixing Spoon

## Ingredients

2 pears, Bartlett or Anjou, firm

½ cup 100% apple juice

½ cup water

1 tablespoon honey

2 cups low-fat plain Greek yogurt

½ cup granola

2 tablespoons walnuts, or unsalted nuts, chopped

## Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Preheat the oven to 375 degrees.
3. Cut the pears in half lengthwise and remove cores with a spoon. Place in an 8x8-inch baking dish, cut-sides down.

4. Pour apple juice and water over pears, and drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender.
5. When pears are done, pour liquid remaining in baking dish into a small saucepan. Reduce over medium heat until liquid forms a syrup, and about  $\frac{1}{4}$  cup remains. Set aside to cool.
6. Divide yogurt into four bowls. Place each half of the warm pear in each bowl, cut side up. Top with granola and nuts, and drizzle with pear syrup.

### **Nutritional Information:**

Calories 240   Total Fat 5g   Sodium 50mg   Total Carbs 35g   Protein 14g