

## **Pear with Nuts and Honey**

### INGREDIENTS:

- 2 large ripe pears
- 1/4 tsp ground cinnamon
- 2 tsp honey
- 1/4 cup crushed walnuts
- (optional yogurt or frozen yogurt)

### INSTRUCTIONS:

Preheat the oven to 350F.

Cut the pears in half and place on a baking sheet (I cut a sliver off the other end so they sat upright).

Using a measuring spoon or melon baller, scoop out the seeds.

Sprinkle with cinnamon, top with walnuts and drizzle 1/2 teaspoon honey over each one.

Bake in the oven 30 minutes.

Remove, let cool and enjoy!