

Cinnamon Baked Pears

Yield: 4 servings | Total Preparation Time: 35 minutes



Ingredients

- 2 large fresh pears, halved and cored
- 1 tablespoon unsalted butter, melted
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon

Instructions

1. Preheat your oven to 350°F. Lightly grease the bottom of a 9 X 13 baking dish.
2. In a small bowl, whisk together the butter, vanilla, and cinnamon. Brush the pears with the mixture on both sides.
3. Arrange the pears in the prepared baking dish, cut side down. Bake them until fork-tender, about 30 minutes per side, basting every 15 minutes with the pan juices.
4. Brush the pears one last time with the pan juices and serve warm. ENJOY!

Fruits are a great alternative to heavily and artificially sweetened desserts. Pears are considered a powerhouse fruit loaded with fiber, vitamins, and plant compounds! They are also packed with antioxidants which help fight inflammation and may decrease the risk of certain diseases.

