

Breakfast | Snack | Dessert

Individual Spiced Pear Crumbles

10 Mins
Prep Time

25 Mins
Cook Time

4
Servings

260 Calories **12g Fat** **36g Carbs** **3g Protein**



Ingredients

4 Servings • ½ Pear Filled with Crumble Serving Size

35 Mins Total Time **Allergens: Nuts, Gluten, Dairy**

2 Ripe Pears	¼ Tsp Nutmeg
½ Cup Rolled Oats	⅛ Tsp Allspice
¼ Cup Brown Sugar, packed	1 Tsp Vanilla
¼ Cup Walnuts, chopped	2 Tbsp Butter, melted
½ Tsp Cinnamon	1 Tsp Maple Syrup
¼ Tsp Ginger	

Allergen Swap

Nuts Omit the walnuts or use pumpkin seeds

Gluten Oats are naturally gluten-free, but for those with Celiac Disease look for gluten-free oats

Dairy Use olive oil, coconut oil, or a dairy-free butter in place of butter

Nourishment Note!



♥ Pears

Pears are an excellent source of fiber to help promote digestive regularity as well as heart health.



♥ Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



♥ Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrient that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control. This is important because people with psoriatic disease are more likely to develop conditions like type 2 diabetes.



♥ Ginger










Ginger is a powerful antioxidant, has been shown to reduce nausea, and may help relieve muscle pain and soreness.

Instructions

- 1 Preheat Oven**
Preheat the oven to 400°F. Grease the 9x13 inch baking pan with non-stick cooking spray.
- 2 Prepare Pears**
Cut the pears in half. Using a paring knife, carefully cut out the seeds and stem of each half. Place in the baking pan cut side up.
- 3 Combine Ingredients**
In a medium-sized mixing bowl, combine the remainder of the ingredients. Mix well. Mixture should be slightly sticky and moist in appearance.
- 4 Spoon Mixture into Pears**
Spoon the mixture into each hole in the pear.
- 5 Bake**
Bake for 25 minutes or until the pears are golden brown.
- 6 Cool & Serve**
Allow to cool and serve.

Recipe adapted from cookieandkate.com

What You'll Need

-  Cutting Board
-  Paring Knife
-  Measuring Cups
-  Measuring Spoons
-  Mixing Spoon
-  Medium-Sized Mixing Bowl
-  9x13 inch Baking Pan
-  Non-Stick Cooking Spray
-  Oven Mitts

PD Cooking Tips

Oat Mixture: Use a maple flavored or cinnamon and sugar flavored instant oatmeal packet to fill the pears; oat and spice mixture can be prepared a few days in advance.