

THINGS TO KEEP IN MIND

Pears are high in fiber, vitamin C, low in calories, and can be part of a low-potassium diet. One half of a pear has about 100 mg of potassium.

Serving size: One half pear. This recipe makes 8 servings.

INGREDIENTS:

- 4 pears (halved)
- 1 tbsp of coconut oil, melted
- 1 tbsp of pumpkin pie spice (you can make your own pumpkin pie spice, or just use cinnamon)
- toasted nuts (optional)



Pumpkin spiced pears

Directions

1. Preheat the oven to 375 °F. Line a baking sheet with foil or parchment paper.
2. Cut the pears in half and scoop out the core. Arrange the pears face up on the baking sheet.
3. Melt the coconut oil. Spread the oil on the inside of the pears.
4. Sprinkle the pears with pumpkin pie spice.
5. Bake for 25 minutes or until soft and caramelized. Can be served warm, or you can store them in the fridge and serve cold.
6. Optional - serve with toasted nuts.