

Oven-baked pears



 15 min.  147 kcal  SteviaSweet Crystal

Preparation

Preheat the oven to 200 °C. Wash the pears and cut in half lengthways. Use a teaspoon to remove the core. Place the pear halves in an oven dish with the cut sides facing upwards.

Mix together the butter, spices, [SteviaSweet Crystal](#) and ground almonds. Spread the mixture over the pears. Bake on the bottom shelf of the oven for approx. 20-30 minutes, depending on the size and ripeness of the pears.

Serve with natural yoghurt.

Ingredients for 4 servings

4	small ripe pears
1 tbsp	butter
1/4 tsp	ground vanilla
1/2 tsp	ground cinnamon
1 tbsp	SteviaSweet Crystal
45 g	ground almonds

To serve

100 g	natural yoghurt
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Nutritional information per portion

147	kcal
619	kJ
4.5	g Protein
13.5	g Carbohydrates
8.5	g Fat