



**NUTRITION
MISSION**
optimising your health, naturally

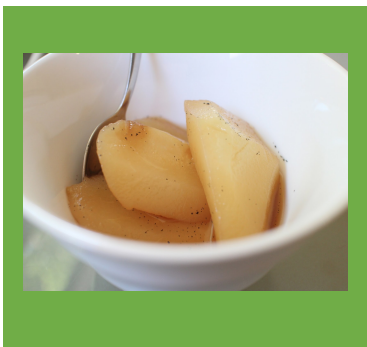
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Poached Pears.

Serves 4

Ingredients

4 pears, peeled, cored and cut into quarters
1 thumb sized piece of ginger
1 cinnamon stick
1 tablespoon of honey



1. Put enough boiling water into a pan to cover your pears. Add all of the ingredients and bring to a simmer for 25 – 30 minutes until the pears are soft; the pears should be fork tender.
2. Serve with yoghurt and chopped hazelnuts. You could add a drizzle of maple syrup for a bit of extra sweetness.
3. Can be stored in the fridge in the juices for use later.

* Wheat and gluten free, dairy free.

* Vegetarian.