



SIMPLE BLACK CURRANT GLAZED PEARS



SERVES: PREP TIME: COOK TIME:
2 | 5M | 20M

GLUTEN FREE VEGETARIAN

INGREDIENTS:

2 Tbsp Crofter's Organic Just Fruit Black Currant Fruit Spread

2 Fresh Pears

2 Tbsp Pure Maple Syrup

1 Tbsp Fresh Lemon Juice

4 Tbsp Ricotta Cheese

DIRECTIONS:

1. Lightly grease a baking pan. Set aside. Cut your pears in half lengthwise and scoop out the seeds. Place the pears face down on top of the baking pan. Bake the pears for 5-10 minutes, just until the pears start to get soft. Once done, remove pears from the oven.
2. In a small bowl combine Crofter's Organic Just Fruit Black Currant Fruit Spread, maple syrup, and lemon juice. Mix well. Coat the face of the pear with the black currant mixture and place the pears back in the oven. Continue to bake the pears in the oven face-down for an additional 5-10 minutes. Until the pears begin to get a nice soft caramelization on them and become soft to the touch. If the pears aren't caramelizing, then try flipping them over and set your oven to broil for a minute or two.
3. Pair these baked pears with a scoop of ricotta cheese for a delicious and healthy way to kick off your day! Enjoy.