



# RECIPE: MAPLE PEARS



## INGREDIENTS

2 med. pears, peeled and cubed (about 2 cups)

2 Tbs. pecans, chopped

2 Tbs. ground flax meal

2 Tbs. NY Maple Syrup

1 Tbs. lemon juice

1/2 tsp. vanilla

1/4 tsp cinnamon

### Topping:

2 tsp. NY Maple Syrup

1/4 c. Greek yogurt



## DIRECTIONS

Preheat oven to 350 degrees and prepare two small baking dishes with cooking spray.

In a bowl, combine the pears, pecans, flax meal, maple syrup, lemon juice, vanilla and cinnamon; toss to coat.

Spread the mixture into your baking dishes and bake for 25 - 30 minutes, until golden.

Let cool 5 minutes and top each with 2 Tbs. of Greek yogurt and a drizzle of maple syrup.

Serve warm. Yields 2 servings.