Warm Pear Crisp

4 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 teaspoon cornstarch
- 2-15 ounce cans of sliced pears, canned in water or 100% juice, ¾ cup liquid reserved
- 1 Tablespoon unsalted butter or margarine
- 1 Tablespoon honey
- ½ teaspoon cinnamon
- ½ cup cinnamon granola

DIRECTIONS

1. In a small bowl, combine cornstarch with pear liquid and stir until cornstarch is dissolved. Set aside. *For no heat, cooking, go straight to step 7.
2. In a large skillet over medium-low heat, melt butter with honey and cinnamon.
3. Add in sliced pears and toss to coat with the butter mixture.
4. Slowly add in cornstarch mixture, mix well and bring to a low simmer.
5. Cook for about 5-6 minutes or until thickened.
6. Portion into four bowls and top with equal amounts of granola.
7. For no heat cooking, omit cornstarch, butter, and pear liquid. Mix pears with honey and cinnamon and top with granola.

Nutrition Facts

4 servings per container

Serving size	**1/2 cup**
Amount per serving	
Calories	**210**
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 25mg	1%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 31g	
Includes 24g Added Sugars	48%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 205mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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