



Warm Pear Crisp

8 Servings • 1 Serving = 1/2 Cup

Tips on Pears



How To Store

If not ripe, leave out at room temperature. Once ripe, store in fridge.



How To Use

Add in salads, soups, casseroles, and stir-fry.



Health Benefits

Heart health & promotes healthy cholesterol levels & lowers risk of some cancers

INGREDIENTS

- 2-15 oz cans of sliced pears, canned in water or 100% juice,
- 3/4 cup liquid reserved
- 1/2 Tablespoon butter
- 1 teaspoon cornstarch
- 1 Tablespoon honey
- 1/2 teaspoon cinnamon
- 1/2 cup granola

DIRECTIONS

1. In a small bowl, combine cornstarch and pear liquid and stir until cornstarch is dissolved. Set aside.
2. In a large skillet over medium-low heat, melt butter with 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, turn off heat.
6. Stir in honey and mix well.
7. Portion into eight bowls and top with equal amounts granola.
8. For no heat cooking, omit cornstarch and butter. Mix pears with honey and cinnamon and top with granola.

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (117g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 12g Added Sugars	24%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 83mg	2%

*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.



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Crujiente de Pera Caliente

8 Porciones • 1 Porción = 1/2 Taza

Consejos de Pera



Como Almacenar

Si no está maduro dejarlo a temperatura ambiente. Una vez maduro guardar en el frigorífico.



Como Usar

Agregue ensaladas, sopas, guisos y salteados.



Beneficios para la Salud

Salud del corazón, promueve niveles saludables de colesterol y reduce el riesgo de algunos tipos de cáncer.

INGREDIENTES

- 2-15 oz de latas de peras en rodajas, en agua o jugo 100%
- 3/4 taza del líquido reservado
- 1/2 Cucharada de mantequilla
- 1 cucharadita de maicena
- 1 Cucharada de miel
- 1/2 cucharadita de canela
- 1/2 taza de granola

INSTRUCCIONES

1. En un tazón pequeño, combina la maicena con el líquido de pera y revuelve hasta que la maicena se disuelva. Reserva.
2. En una sartén grande a fuego medio-bajo, derrite la mantequilla con la canela.
3. Agrega las peras en rodajas y revuélvelas para cubrir las con la mezcla de mantequilla.
4. Agrega lentamente la mezcla de maicena, mezcla bien y lleva a un hervor suave.
5. Cocina durante unos 5-6 minutos o hasta que espese, luego apaga el fuego.
6. Incorpora la miel y mezcla bien.
7. Reparte en ocho tazones y cubre con la misma cantidad de granola.
8. Para cocinar sin calor, omite la maicena y la mantequilla. Mezcla las peras con miel y canela y cubre con granola.

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