

Spiced Baked Pears

Makes 4 servings

INGREDIENTS

- 4 pears, *cut in half, core and stems removed*
- 2 Tbsp coconut oil, *softened and divided*
- 1 Tbsp maple syrup
- 1 tsp ground cinnamon
- 1/8 tsp salt

DIRECTIONS

Prep

1. Cut the pears in half and using a paring knife, carefully remove the cores and stems.

Make

1. Preheat oven to 375°F and line a large baking sheet with parchment paper.
2. Arrange the pears, flat side up, on the baking sheet, making sure they do not touch.
3. Divide the coconut oil and maple syrup evenly on each half of the pears, a little less than 1/2 teaspoon on each. Place in the center of the pear where the core was removed.
4. Sprinkle cinnamon evenly over the pears, about 1/2 teaspoon per pear.
5. Bake for 30-35 minutes or until pears are soft and surface is slightly bubbling.

Notes

Optional: top each pear with a tablespoon of vanilla Greek yogurt.

PS...

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