

Baked Pears with Walnuts and Honey

Total Time: 30 minutes

Baked pears with cinnamon, honey and walnuts – it doesn't get simpler than this!

All Organic Ingredients:

- 2 large ripe pears
- 1/4 tsp ground ceylon cinnamon
- 2 tsp raw local honey
- 1/4 cup crushed walnuts
- (optional) coconut yogurt

Directions:

1. Preheat the oven to 350°F.
2. Cut the pears in half and place on a baking sheet (I cut a sliver off the other end so they sat upright).
3. Using a measuring spoon or melon baller, scoop out the seeds.
4. Sprinkle with cinnamon, top with walnuts and drizzle 1/2 teaspoon honey over each one.
5. Bake in the oven 30 minutes. Remove, let cool and enjoy!