

# 3-A-Day of Dairy (DMI-348)

## BAKED PEARS WITH VANILLA YOGURT AND GRANOLA

*Recipe created by 3-A-Day™ of Dairy*

Makes 4 servings

Prep time: 30 minutes

Cook time: 35 minutes

### Ingredients:

- 2 medium pears (Bartlett or D'Anjou pears)
- 1/2 cup apple juice
- 1 cup water
- 1 tablespoon honey
- 3 containers (6 ounces) lowfat vanilla yogurt
- 1/2 cup lowfat granola
- mint leaves, optional

Preheat oven to 375 degrees Fahrenheit. Cut pears in half lengthwise and remove core with a melon baller or small spoon. Place pears, cut side down, in a shallow baking dish just large enough to hold them.

Pour apple juice and water over pears; drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender. While pears are baking, place granola in a shallow baking pan or pie plate and toast in oven 10 minutes; set aside.

When pears are done, pour baking liquid into a small saucepan and reduce over medium heat until about 1/4 cup syrup remains; set aside to cool.

Line a colander with paper towels and place over bowl to catch drips. Pour yogurt into colander and allow to drain about 30 minutes. Divide yogurt among 4 shallow bowls. Place warm pear half, cut side up, over yogurt. Top with toasted granola and drizzle with syrup. Garnish with a mint leaf, if desired.

Yield: 1/2 pear plus 1/4 of yogurt mixture, per serving

### Nutritional Facts per serving for individual food recipe

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Calories	240
Total Fat	2.5 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	115 mg
Calcium	25% Daily Value
Protein	8 g
Carbohydrates	49 g
Dietary Fiber	3 g