

Pear



Health Benefits

- Contains fibre and vitamin C !
- Eating pears is good for heart health in many ways!

Storage

At room temperature or in the refrigerator. Pears may also be frozen and used for baking.

Preparation

Rinse well with water. Pears can be eaten whole with the skin or chop up and add to salads. Slice and add to sandwiches. Remove stem, core and seeds. Pears may also be frozen and used for baking.



Recipe Idea!



Ingredients:

Pears

Cinnamon (or other sweet spice of your choice)

Directions:

1. Pre-heat oven to 325°F.
2. Cut in half and remove core.
3. Sprinkle with spices.
4. Cook 10-15 in the oven, cut side up. Or 2-3 minutes in the microwave, (until tender).

Tip!

Ripen pears that are too hard in a paper bag at room temperature.