



Baked stuffed pears

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This is a quick and easy way for your family to get some of their fruit intake and build strong bones.

Ingredients:

- ½ cup raisins
- 1½ cups rolled oats
- ⅓ cup brown sugar
- 1½ tsp cinnamon
- 2 Tbsp flour
- 2 Tbsp margarine
- 4 pears, whole

Directions:

Preheat the oven on bake to 200°C.

Carefully remove the core from the centre of the pear while still maintaining the shape of the pear. Cut a light groove around the centre of the pear to prevent it from bursting.

Place the first five ingredients in a bowl and knead together. Pack the mixture into the pears and place the pears upright in an ovenproof dish. Add a small amount of water to the base of the dish and place it into the oven. Cook for 25 minutes or until soft.

Serve a whole pear with custard to adults and a half to children.