



Chocolate Nutty Baked Pears

6 servings

35 minutes

Ingredients

- 3 Pear (sliced in half, cored)
- 1/4 tsp Cinnamon
- 1/4 cup Walnuts (chopped)
- 1 1/2 tps Maple Syrup
- 2 tbsps Pomegranate Seeds
- 1 tbsp Dark Chocolate Chips (for drizzling)
- 1/2 tsp Coconut Oil (for drizzling)

Nutrition

Amount per serving	
Calories	109
Fat	5g
Carbs	17g
Fiber	3g
Sugar	11g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	23IU
Vitamin C	4mg
Calcium	16mg
Iron	0mg
Folate	11µg
Magnesium	15mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
- 3 In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
- 4 Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

Serving Size: One serving is equal to one pear half.

Nut-Free: Omit the walnuts and top with nut-free granola or use pumpkin seeds.

No Pomegranate: Use fresh cranberries instead.