

## Warm Roasted Pear With Raspberry Sauce - GF, CF, VEG

### ***Comments:***

Not free of sugar because all fruit contains some sugar.

### ***Ingredients:***

3 pears cored and sliced in half  
1 cup frozen raspberries  
8 Oz sheep milk yogurt (optional)  
1 tsp ground cinnamon  
Toasted nuts (hazelnuts, slivered almonds or walnuts)

### ***Directions:***

Slice and core pears. Brush sliced pear halves with cinnamon oil (cinnamon mixed with a little canola oil) or water and place in roasting dish in 350 degree oven for 15-20 min until golden and tender. Toast nuts in same oven different pan for 10 minutes.

While pears and nuts bake place ½ cup frozen berries in saucepan and warm. Blend in blender for a smoother consistency sauce if desired. (may also add lemon juice to brighten the flavor).

Remove pears from oven and dollop sheep milk yogurt on top of pears. Drizzle with raspberry sauce and sprinkle with toasted nuts.

Submitted by: Kaela 08/09