



## Baked Pear Steusel - Serves 8

### Ingredients:

- 4 firm pears, peeled, halved, core removed
- ½ cup oats
- 2 tablespoons light brown sugar
- 2 tablespoons of margarine
- 1 tablespoon of all-purpose flour
- 1 tablespoon of chopped nuts (optional)
- ½ teaspoon of cinnamon

### Method:

1. Preheat the oven to 375°F and lightly coat an oven proof dish with margarine
2. Place the pears in the dish, cut-side facing up
3. Combine the remaining ingredients in a small bowl and mix together with your hands
4. Sprinkle the mixture over the pears and bake in the oven, uncovered until golden and bubbling, 40-50min
5. Allow to cool for 15min before serving

### Top tips:

- Remove the stem of the pears before baking
- This recipe works great with pears that are too hard to eat
- Serve warm or at room temperature with a dollop of yogurt or crème fraiche

## **Did you know ?**

Pears are rich in fibre which helps you to feel full while promoting health.

Pears are a rich source of fibre and can be enjoyed in a variety of ways other than eating on their own.

This fruit also contains vitamins B and C and potassium which can help blood pressure.

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