RECIPE

Baked Cinnamon Pears with Oat Crumble

A warm dessert of baked pear halves under a cinnamon oat crumble, served with a spoon of yogurt.

MAKES

4 servings US Metric

TOTAL

55 min

Ingredients

- [ ] 4 ripe but firm pears (Bosc or Anjou), halved and cored, about 600 g after coring
- [ ] 1 tbsp lemon juice
- [ ] 1 ½ tsp ground cinnamon, divided
- [ ] 1 tsp vanilla extract
- [ ] ¼ cup water, for the dish
- [ ] ½ cup old-fashioned rolled oats
- [ ] 2 tbsp packed light brown sugar
- [ ] 1 tbsp canola oil
- [ ] 0 tsp salt
- [ ] ½ cup plain nonfat Greek yogurt, to serve

Method

1. Heat the oven to 375 °F. Oven temperatures are not changed by altitude, so the temperature stays the same in Boulder.
2. Halve the pears and scoop out the core with a spoon. Set them cut side up in an 8 by 8 in baking dish. Pour the water around them.
3. Sprinkle the pears with the lemon juice, the vanilla and ½ tsp of the cinnamon.
4. Stir the oats, brown sugar, the remaining 1 tsp cinnamon and the salt in a small bowl. Stir in the oil until the oats look damp and clump.
5. Press the oat mix into the hollows and over the tops of the pears.

6 Bake 30 to 40 minutes, until a knife slides into a pear with no push and the oats are golden.

7 Rest 10 minutes. Spoon the pan juices over the pears and serve warm with a spoon of yogurt on the side. Two halves is a serving.