



CINNAMON ROASTED PEARS AND CRANBERRIES

Serves 4

2 large pears
1/2 cup apple juice
2 teaspoons honey
2 teaspoons ground cinnamon
1/2 cup dried cranberries

Preheat oven to 425

To prepare the pears cut in half lengthwise.
Using a melon scoop, small ice cream scoop or a small spoon, remove the core.

Place pears, cut side down, in a baking dish.
Pour the apple juice into the baking dish, over and around the pears
Cook about 20 minutes spooning the apple juice over the pears periodically.
Flip the pears and cook another 10 minutes, spooning the apple juice over the pears again.

In a bowl combine the cranberries, honey and cinnamon; sprinkle evenly over the pears.
Cook another 10 minutes until soft.

Cooking time will vary depending on how big and how ripe your pears are.