

HONEY-VANILLA-SPICE BAKED PEARS

From: Anne Wondra (Rose Jacobsen's recipe)

Fresh Pears

. Wash, cut in quarters, remove cores

Casserole baking dish

. Spray with olive, avocado, or coconut oil

. Arrange pears in bottom of casserole dish

Sauce:

In 2-cup glass measuring cup or bowl, mix together

. ¼ c. honey

. ¼ c. warm water

. 1 T. Vanilla

. 1 tsp. (or more) cinnamon

. 1 tsp. Ginger



Pour honey-vanilla spice-sauce over pears in casserole. Cover and bake at 425°F for about 50 minutes or so until you smell their aroma