

December

Baked Pears

with Ginger Snaps and Whipped Cream

ingredients:

2 pears
1 teaspoon pumpkin pie
spice
1 cup heavy whipping cream
2 tablespoons powdered
sugar
½ teaspoon vanilla extract
Ginger snaps, crushed
(choose the crunchy hard
gingersnaps)
Walnuts, toasted and
chopped*

*To roast walnuts, place on a
sheet pan and bake 400°F
for 5 minutes or until fragrant

directions:

1. Slice pears in half and scoop out the seeds using a teaspoon or melon baller. Place on a baking sheet, sprinkle with pumpkin pie spice and bake at 350* or until tender.
2. In a large bowl, slowly whip the cream with an electric mixer until soft peaks form. Add in the powdered sugar and vanilla extract until medium-stiff peaks form.
3. Stir the crushed ginger snaps and toasted walnuts together.
4. Top each pear with a dollop of whipped cream and ginger snaps and enjoy!



HENRY FORD CANCER INSTITUTE

For more healthy recipes, visit
HenryFordLiveWell.com.