

Pear & Pomegranate Crisp

Fall and early winter are a great time of year when some unique fruits start popping up in the grocery store. This recipe combines two of our favorites, pears and pomegranates! This light dessert will make your holiday party guests feel extra special and they'd never know how easy it is to make. Enjoy it on a chilly night with family and friends this winter!

Ingredients:

- 1 tablespoon coconut oil
- ¼ cup pure maple syrup, divided
- 1 teaspoon vanilla extract
- ¾ cup old-fashioned rolled oats
- 2 tablespoons hulled raw sunflower seeds
- 2 tablespoons sliced almonds
- 1 teaspoon ground cinnamon, divided
- 2 large pears, peeled and diced
- 3 tablespoons water
- 1 pomegranate, seeded

Directions:

1. Preheat oven to 325°F. In a small sauté pan, combine coconut oil, 2 tablespoons maple syrup and vanilla. Heat over low heat until coconut oil is melted.
2. Meanwhile, in a large mixing bowl, combine oats, sunflower seeds, almonds and ½ teaspoon cinnamon. Add coconut oil mixture and stir to combine.
3. Spread the granola mixture onto a rimmed and greased baking sheet and bake for 15-20 minutes or until lightly browned. Be sure to stir mixture every 5-7 minutes to be sure it cooks evenly without burning. Remove baking sheet from oven and set aside.
4. While granola bakes, heat pears, water, remaining 2 tablespoons maple syrup and remaining ½ teaspoon cinnamon. Cook 5-6 minutes until pears have softened. Remove from heat and stir in pomegranate seeds.
5. To serve, plate ½ cup fruit mixture in a serving bowl and top with ¼ cup granola. Serve and enjoy!

Yield: 6 servings (1/2 cup fruit plus ¼ cup granola per serving)

Nutrition Facts: 194 Calories; 7 g Fat (2 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 6 mg Sodium; 33 g Carbohydrate (5 g Fiber, 20 g Sugar, 8 g Added Sugar); 3 g Protein; 0% Daily Value (DV) Vitamin A; 8% DV Vitamin C; 0% DV Vitamin D; 4% DV Calcium; 6% DV Iron; 6% DV Potassium

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