

## Grocery List:

- 1 Bartlett or D'Anjou pear, allowed to ripen
- OR
- 2 pear halves from canned pears in juice
- 1 tablespoon Maple syrup or honey
- ¼ teaspoon Vanilla extract
- A pinch of Cinnamon
- ½ cup Plain or vanilla low fat Greek yogurt
- ½ cup Lower sugar granola

## Kitchen Items:

- Can opener
- Knife
- Spoon
- Bowl
- Plate
- Microwave, toaster oven, or conventional oven



## Recipe:

1. Cut pear in half



2. Scoop out seeds



3. Sprinkle on cinnamon



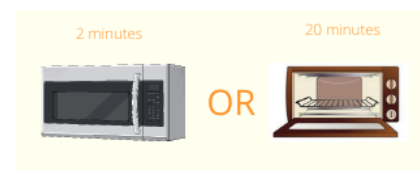
4. Mix maple syrup + vanilla



5. Drizzle on pears



6. Warm up in  
microwave (2 minutes)  
or toaster oven (20 minutes)



7. Top with Greek yogurt  
and granola

