

Chocolate Nutty Baked Pears

6 SERVINGS 35 MINUTES



INGREDIENTS

- 3 Pear (sliced in half, cored)
- 1/4 tsp Cinnamon
- 1/4 cup Walnuts (chopped)
- 1 1/2 tsps Maple Syrup
- 2 tbsps Pomegranate Seeds
- 1 tbsp Dark Chocolate Chips (for drizzling)
- 1/2 tsp Coconut Oil (for drizzling)

NUTRITION

AMOUNT PER SERVING

Calories	109	Carbs	17g
Fat	5g	Protein	1g

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
- 03 In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
- 04 Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!