

Breakfast | Snack | Dessert

# Individual Spiced Pear Crumbles

**10 Mins**  
Prep Time

**25 Mins**  
Cook Time

**4**  
Servings

☰ 260 Calories 12g Fat 36g Carbs 3g Protein



## Ingredients

👤 4 Servings • ½ Pear Filled with Crumble Serving Size

🕒 35 Mins Total Time 🚫 Allergens: Nuts, Gluten, Dairy

2 Ripe Pears 🍷	¼ Tsp Nutmeg
½ Cup Rolled Oats	⅛ Tsp Allspice
¼ Cup Brown Sugar, packed	1 Tsp Vanilla
¼ Cup Walnuts, chopped 🍷	2 Tbsp Butter, melted
½ Tsp Cinnamon 🍷	1 Tsp Maple Syrup
¼ Tsp Ginger 🍷	

### Allergen Swap

**Nuts** Omit the walnuts or use pumpkin seeds

**Gluten** Oats are naturally gluten-free, but for those with Celiac Disease look for gluten-free oats

**Dairy** Use olive oil, coconut oil, or a dairy-free butter in place of butter

### Nourishment Note!



#### 🍷 Pears

Pears are an excellent source of fiber to help promote digestive regularity as well as heart health.



#### 🍷 Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



#### 🍷 Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrient that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control. This is important because people with psoriatic disease are more likely to develop conditions like type 2 diabetes.



#### 🍷 Ginger

Ginger is a powerful antioxidant, has been shown to reduce nausea, and may help relieve muscle pain and soreness.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven

Preheat the oven to 400° F. Grease the 9x13 inch baking pan with non-stick cooking spray.

### 3. Prepare Pears

Cut the pears in half. Using a paring knife, carefully cut out the seeds and stem of each half. Place in the baking pan cut side up.

### 4. Combine Ingredients

In a medium-sized mixing bowl, combine the remainder of the ingredients. Mix well. Mixture should be slightly sticky and moist in appearance.

### 5. Spoon Mixture into Pears

Spoon the mixture into each hole in the pear.

### 6. Bake

Bake for 25 minutes or until the pears are golden brown.

### 7. Cool & Serve

Allow to cool and serve.

### 8. Wash Hands

Wash hands with soap and water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

## What You'll Need



Cutting Board



Paring Knife



Measuring Cups



Measuring Spoons



Mixing Spoon



Medium-Sized Mixing Bowl



9x13 inch Baking Pan



Non-Stick Cooking Spray



Oven Mitts

### PD Cooking Tips

**Oat Mixture:** Use a maple flavored or cinnamon and sugar flavored instant oatmeal packet to fill the pears; oat and spice mixture can be prepared a few days in advance.