

Ingredients

- 4 ripe pears
- 4 level tbsp. reduced-fat crème fraiche
- ½ level tsp ground cinnamon
- 4 tbsp clear honey
- 8 gingernut biscuits

Cooking in the kidney kitchen with Chef Ripley

Preparation

1. Preheat the oven to 190oC/375oF/Gas 5.
2. Cut each pear in half, then place them cut-side up on a large baking sheet. Use a teaspoon to scoop out the cores and make a dip in the centre of each one.
3. Sprinkle over the cinnamon and drizzle with a little honey.
4. Roast the pears in the oven for 10-15 minutes.
5. Meanwhile, put the biscuits into a food bag and use a rolling pin to crush them lightly.
6. Remove the pears from the oven, then put a tablespoon of reduced-fat crème fraiche in the dip of each pear. Scatter the biscuits crumbs over each pear to serve.



Watch the video demonstration by clicking photo or here:
www.kidneycareuk.org/k-k/easy-baked-pears

Food Facts

- **Healthier option:** This pudding is relatively low in calories. For people on a weight reducing diet or wanting to reduce the amount of sugar and fat in their diets there are various options you could choose;
 - Use an artificial sweetener such as Hermesetas, Stevia or Canderel instead of the honey
 - Switch the reduced fat crème fraiche for a vanilla mousse or fat free milk or soya yoghurt
- **Phosphate and potassium:** This recipe uses pears which are a lower potassium fruit. crème fraiche contains some phosphate which is a mineral some people with kidney problems should limit. If however, you would prefer to use a lower phosphate alternative to the crème fraiche whipped double cream or clotted cream would be suitable.
- **Storage:** Once cooked and prepared, the pears should not be reheated. Leftover pears should be refrigerated and eaten within 24 hours.
- **Cheaper options:** This is a relatively low cost recipe. All the ingredients can be readily purchased at all supermarkets. Pears come into season in the autumn months so will likely be cheaper still at this time. Tinned pears could also be used.

