

Easy baked pears

Prep: 10 mins • Cook: 15 mins • Serves: 4

A simple warming dessert, low in salt, potassium and phosphate which is suitable for everyone as a special treat.

Ingredients

- 4 pears, ripe
- 4 tablespoons reduced-fat crème fraiche
- 1/2 teaspoon ground cinnamon
- 4 tablespoons clear honey
- 8 ginger biscuits

Carbohydrate The main source of carbohydrate in this dish comes from the honey, ginger biscuits and pears. The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium Crème fraiche contains some phosphate. Whipped double cream or clotted cream are lower phosphate alternatives.

If you have been prescribed a phosphate binder ensure you take them with this dish.

Special diets

Gluten free: Use gluten free ginger biscuits or leave them out.

Vegan: Use oat crème fraiche or soya yogurt in the dip and use syrup in place of the honey.

Healthier option If you want to reduce the amount of sugar you eat, you could use an artificial sweetener instead of the honey.

Cheaper option 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 they are likely to be even cheaper at this time. Tinned pears could also be used.

Storage Leftover pears should be refrigerated and eaten within a day.

Special occasion

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
43.8g	Carbohydrate	221Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Chef Paul Ripley

These beautiful baked pears are a speedy and satisfying dessert idea for special occasion or dinner party.



1

Preheat your oven to 190C/gas mark 5.



2

Cut each pear in half. Use a teaspoon to scoop out the cores and make a dip in the centre of each one. Place them cut-side up on a large baking sheet.



3

Sprinkle over the cinnamon and drizzle with the honey.



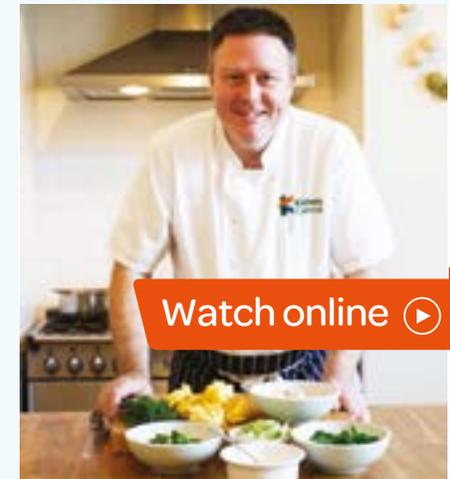
4

Roast the pears in the oven for 10-15 minutes until soft. Crush some ginger biscuits and sprinkle on top add a spoonful of cream fraiche to serve.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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