

Pear Crisp

Ingredients:

1 (14.5 oz) can no sugar added sliced pears, drained

½ teaspoon ground cinnamon

¼ cup chopped pecans

Topping:

2/3 cup oatmeal

1 tablespoon brown sugar substitute blend

1 tablespoon flour

2 tablespoons butter, melted



Directions:

1. Preheat oven to 375°F
2. Arrange pears in a 2 quart baking dish, sprinkle with cinnamon and pecans
3. In a separate bowl, mix oatmeal, sugar, and flour. Stir in melted butter until ingredients are moist.
4. Spoon topping over pears and bake for 15 minutes.

Nutrition Facts

Servings: 4

Amount per serving

Calories **153**

% Daily Value*

Total Fat 8.1g **10%**

Saturated Fat 3.9g **20%**

Cholesterol 15mg **5%**

Sodium 46mg **2%**

Total Carbohydrate 17.7g **6%**

Dietary Fiber 2g **7%**

Total Sugars 6.6g

Protein 2.2g