

# Performance Nutrition - Recipe of the week

Meals prepared & cooked in an hour, and for less than £5 per person!



## Caramelised Cinnamon Pears

**Performance benefits:** I could talk about pears and cinnamon being really high in a powerful antioxidant and vital mineral, but I'm not (although they do!). I see the benefits of this dessert for performance through indirect means. This recipe provides a low calorie alternative that will satisfy the sweet tooth desires following main meals. Basically, it prevents the consumption of extra, sometimes unnecessary calories, that over-fuel and can lead unwanted changes in body composition and increases in drag!

**Serves:** 4

**Preparation time:** 10 minutes

**Cooking time:** 5 minutes

**Allergy Information:** Nut, seafood, & gluten free



## Nutrient content - per serving / per 100 g;

Energy:	102 kcal / 52 kcal	LOW ENERGY DESSERT
Protein:	2.4 g / 1.2 g	( <sup>P</sup> = indicates main source in recipe)
Carbohydrate:	23.2 g / 11.8 g	( <sup>C</sup> = indicates main source in recipe)
Fat:	0.6 g / 0.33 g	( <sup>F</sup> = indicates main source in recipe)

## You will need;

- 1 tablespoon dark brown soft sugar
- 1 teaspoon cinnamon
- 4 Conference pears, halved
- 4 tablespoons low-fat natural yogurt

## Method;

1. Sprinkle the sugar and most of the cinnamon over the cut sides of the pears, and leave to stand for 10 minutes to allow the sugar to dissolve.
2. Heat a griddle pan over a medium heat and place the pears cut-side down in the pan. Griddle for 5 minutes, until heated through and caramelised. If you do not own a griddle pan, place pears on a tray into a pre-heated oven at 180°C for a similar amount of time.
3. Transfer to a plate and top with a spoonful of yogurt. Dust with the remaining cinnamon.