

Healthy Pear Crisp

Servings: 2 | Prep/cook time: 15 minutes

Ingredients:

- 2 pears, cored and cubed
- 1 tsp. cinnamon
- 1 tbsp. coconut oil
- ½ cup oats
- 1½ tbsp. coconut, shredded
- 1 tbsp. honey
- 1 tbsp. water
- 1 tsp. cinnamon
- Salt to taste



A De"Lite"ful Treat

Directions:

1. In a food processor, process oats, coconut, honey, coconut oil, water, cinnamon and salt
2. Prepare skillet with an additional ½ tbsp. coconut oil and add mixture from processor.
Cook on medium-high for about 5 minutes, occasionally stirring. Remove from heat and let cool.
3. Add pears, coconut oil and cinnamon to skillet and saute on medium heat for 3 minutes.
4. Place pears and crisp in a bowl and top with your favorites – yogurt, honey, or almond butter (optional).