

Blushing Raspberry Pear

Serving Size: 1/8 of recipe

Serves: 8

Ingredients:

3 cups cranberry juice
¼ cup sugar
½ teaspoon cinnamon
½ cup fresh raspberries
4 medium pears
2 cups sugar free, fat free whipped topping
fresh mint for garnish

Directions:

1. Combine the cranberry juice, sugar, cinnamon and raspberries in a large saucepan. Bring to a simmer over medium heat. Meanwhile, peel the pears and cut them in half lengthwise.
2. Add the pears to the juice, cover and simmer 15 to 20 minutes until the pears are tender, turning occasionally. Once tender, remove from heat, and set aside to cool to room temperature. Turn the pears occasionally as they cool for even coloring.
3. Once cool, place the flat side of the pear half down with the base of the pear toward you. Slice the pear half lengthwise into 4 slices. Fan out the slices on each serving plate. Add ¼ cup dollop of the whipped topping and garnish with fresh mint.

Exchanges per serving:

1½ Fruits

Nutrients per serving:

Calories: 117

Calories from fat: 22

Total Fat: 2g

Cholesterol: 0mg

Sodium: 2mg

Total Carbohydrate: 20g

Dietary Fiber: 3g

Protein: 0g