

1. Place the pear in a small bowl, add apple juice and spice. Cover and cook on HIGH for 3-4 minutes or until pear is tender. Leave to cool.
2. Puree the berries and add juice from pears, stir in the sugar and lemon juice and cook on HIGH for 3-4 minutes.
3. Mix cornflour with 2tsp of cold water to make a paste. Stir into sauce and cook on HIGH in 1 minute bursts until thickened.
4. Pour over the pears and serve or cold.

**1 large ripe pear, whole, peeled (or tinned in juice)**

**2 tbsp (30ml) apple juice (or juice from above)**

**Small pinch of mixed spice**

**SAUCE**

**2 tsp (10ml) caster sugar**

**1/2 tsp (2.5ml) cornflour**

**100g (4 oz ) raspberries, fresh or frozen (defrosted )**

**1/2 tsp (2.5ml) lemon juice**

NB You could use other berries in recipe such as blackberries and the pear could be changed for peach or plums.

## PEAR MELBA



### Food Fact:-

**Pears make a delicious low calorie snack that are rich in fibre and a good source of Vitamin C.**

**Preparation time** 3 MINS

**Cooking time** 5 MINS

Serves 1