

## **Baked stuffed fruit (serves 2)**

### **You will need:**

- Oats
- Mixed nuts and raisins
- 1 tsp honey
- 1 pear
- Cinnamon or mixed spice
- 2 tbsp low-fat natural yogurt

### **How to make it:**

Heat the oven to 180°C/350°F/Gas Mark 4.

Mix together the oats, mixed nuts and raisins in a bowl and place on the baking tray for 10-15 minutes.

Remove from the oven and allow to cool slightly.

Cut the pear in half, remove the core and lay on a baking tray.

Mix the oats, nuts and fruit with the honey in bowl and spoon the mixture into the pears.

Bake the pears in the oven for 15 minutes.

Remove from the oven and top with the yogurt and a sprinkle of cinnamon.

### **What does this give you?**

- ½ a portion of fruit
- ½ a portion of starchy foods
- ½ a portion of dairy

The stats (per serving): 214kcal, 1.3g saturated fat, 19.2g sugar, 4.8g fibre, 6.5g protein, 0.1g salt.

Preparation and cooking time: 30 minutes

Approx. cost per serving: 50p

**Allergens: contains nuts and milk and possibly gluten.**