Baked Pears



Serves	4
Prep time	10 minutes
Cook time	40 minutes
Total time	50 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Dairy, Egg, Glutamates, Preservatives, Salicylates, Wheat
Suitable for	Dairy / Lactose Free, Gluten Free, RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert
Misc	Child Friendly, Serve Hot
From book	The Failsafe Cookbook

Ingredients

- 1/2 cup golden syrup or rice malt syrup
- 1/2 cup water
- 2 tablespoons lemon juice substitute (Refer to Basics Page)
- 4 pears (peeled)

Directions

1. Preheat the oven to 180°C.
2. Combine the golden/rice malt syrup, water and lemon juice substitute.
3. Place the pears in an oven proof dish and pour the syrup over them.
4. Bake for 40 minutes or until tender.
5. Serve on its own or with vanilla ice cream or custard.

Note

Low Chemical / FAILSAFE

Refer to the Basics Page for Lemon Juice Substitute.