

Berry Poach Pears with Ricotta Cream

Sweet Spice Blend Chilli Sauce

Serves 4

Preparation time 15 minutes

Cooking time 40 minutes

Ingredients:

½ cup water

100g of blueberries*

4 pears peeled and cored

1 teaspoon of Sweet Spice Blend

¼ vanilla pod

2cm orange peel

Juice of half orange

2 teaspoons of Xylitol

½ teaspoon Chili Sauce

Ricotta Cream

250g of fresh low fat ricotta (best from Deli)

2 teaspoons Xylitol

1 teaspoon orange rind finely grated



Method:

1. In a large saucepan place water, pears, berries, **Sweet Spice Blend**, vanilla, peel and orange juice.
2. Cover and simmer for 35 minutes until pears are tender. Remove pears and place on individual plates.
3. Return liquid to the heat and stir Xylitol and **Chili Sauce**. Continue to simmer a further 5 minutes until liquid is reduced to make a glaze.
4. Serve with ricotta cream or plain yogurt and drizzle with glaze.

Ricotta Cream

1. Place all ingredients in a mixing bowl and stir until combined.

* Adjust weight to your portion size. Other berries may be substituted such as blackberries, strawberries, raspberries, mulberries or mixed berries.

...Cook's Tips

Extra servings:

To increase servings, simply times ingredients by how many servings are required.

For those not on the Quick Loss program

Serve with double thick cream or ice cream.