

EVERYTHING
HERBAL
by Cheryl Jabz

PLANT • NOURISH • THRIVE

SUGAR
FREE
Naturally
Sweetened!

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THIS RECIPE

Thanks for
Supporting
Herbal Wellness!

Cinnamon ROASTED PEARS with Pecans

SUGAR FREE

Warm, tender pears roasted with cinnamon and herbal goodness, topped with crunchy pecans. A naturally sweet, comforting dessert—perfect any time of year without the sugar!

HERBS FOR
FLAVOR

SWEETNESS
WITHOUT
SUGAR

INGREDIENTS

- 4 ripe but firm pears, halved and cored
- 1 tbsp fresh lemon juice
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger (optional)
- 2 tbsp unsweetened applesauce
- 2 tbsp monk fruit sweetener (or to taste)
- 1 tsp vanilla extract
- 1 tbsp melted coconut oil (or butter)
- ½ cup chopped pecans
- Pinch of sea salt
- Fresh rosemary or thyme (optional, for garnish)

DIRECTIONS

- Preheat oven to 375°F (190°C).
- In a small bowl, whisk together lemon juice, applesauce, monk fruit sweetener, vanilla, cinnamon, nutmeg, ginger, and a pinch of sea salt.
- Place pear halves cut-side up in a baking dish. Brush or spoon the mixture evenly over the pears.
- Drizzle with melted coconut oil (or butter).
- Cover the dish with foil and bake for 20 minutes. Remove foil and bake for another 10–15 minutes, until pears are tender and caramelized.
- Remove from oven and sprinkle chopped pecans over the pears.
- Let cool slightly, garnish with fresh rosemary or thyme if desired, and serve warm.

CHERYL'S TIP

For extra caramel flavor, broil on low for 1–2 minutes at the end (watch closely). Enjoy with a dollop of unsweetened Greek yogurt for a creamy twist!

HERBAL HIGHLIGHTS

CINNAMON
A warming herb that adds cozy flavor and aroma to your treats.

PEARS
Rich in fiber and naturally sweet, perfect for a sugar-free dessert.

PECANS
Provide healthy fats, protein, and a satisfying crunch.

LOW CARB
FRIENDLY

GLUTEN
FREE

PLANT
BASED

Made with Love,
Nature & Herbs
Simple ingredients.
Powerful benefits.
Made for you.

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www.EverythingHerbalbyCherylJabz.com

THANK YOU!

Bringing the Power of Herbs to Your Kitchen and Your Life!