



EVERYTHING  
HERBAL  
— by Cheryl Jabz —

## Cinnamon Pear Digestive Bake

### ❖ BENEFITS: ❖

Pears contain fiber and natural sorbitol. Cinnamon adds flavor and warmth.

Makes a gentle digestive dessert.

### ❖ INGREDIENTS: ❖

- ❖ 2 ripe pears, halved
- ❖ 1/2 teaspoon cinnamon
- ❖ 1 teaspoon honey
- ❖ 1 tablespoon chopped walnuts

### ❖ INSTRUCTIONS: ❖

- 1 Preheat oven to 375°F (190°C).
- 2 Place pears in a baking dish. Sprinkle with cinnamon and walnuts. Drizzle with honey.
- 3 Bake for 20–25 minutes.

### ❖ SUGGESTED USE: ❖

Enjoy warm as a light dessert or snack.



Scan Me



DOWNLOAD THIS PAGE

[www.EverythingHerbalbyCherylJabz.com](http://www.EverythingHerbalbyCherylJabz.com)

Print • Save • Share