

Microwaved Honey and Cardamom Poached Apples or Pears

A warm dessert is as comforting as candlelight and a warm hearth (and heart) in chilly mid-February weather. When available, try Ontario Bosc pears in place of apples. Choose small, ripe but firm pears.

2	Ontario apples, such as Idared or Empire
3 tbsp (45 ml)	liquid honey
¼ tsp (1 ml)	ground cardamom
pinch	ground cinnamon
	vanilla ice cream or frozen yogurt
	almonds, sliced and toasted (optional)

1. Peel apples. Cut in half and remove cores (a melon baller works well). Place, cut side up, in shallow microwaveable dish.
2. In small microwaveable bowl, warm honey at High for 20 seconds. Stir in cardamom and cinnamon. Drizzle evenly over apples; cover and microwave at High for 3 to 5 minutes or until apples are tender. Let stand 5 minutes.
3. Place apples in dessert dishes. Scoop ice cream or frozen yogurt in centre of each half. Spoon sauce over top. Garnish with almonds, if desired. *Serves 2.*

Nutritional Information Per Serving

Protein: 2 grams

Fat: 4 grams

Carbohydrates: 55 grams

Calories: 264