

Cranberry cinnamon poached pears



Satisfy your sweet tooth without worrying about your waistline with this low-fat poached pear dessert.



Ingredients

- 500ml (2 cups) diet cranberry juice
- 1 x 7cm cinnamon stick
- 2 x 5cm-long pieces orange peel, pith removed
- 4 medium beurre bosc pears, peeled
- reduced-fat vanilla fromage frais (Fruche brand), to serve

Method

- Step 1

Combine cranberry juice, cinnamon and orange peel in a medium saucepan and bring to the boil over high heat. Reduce heat to low. Add the pears and cook, covered, turning occasionally, for 20 minutes or until tender.

- Step 2

Place pears in bowls and drizzle with juice. Serve with the fromage frais.