Cinnamon Baked Pears with Neufchatel
Serves: 4
Adapted from: jessicainthekitchen.com

Items Needed: cutting board, knife, measuring spoons, baking sheet

Ingredients:
- 2 pears, washed, cut in half and cored
- 1 teaspoon cinnamon
- 1 teaspoon maple syrup
- ¼ c Neufchatel cheese
- 2 TB powdered sugar
- ¼ tsp vanilla extract
- 2 TB chopped walnuts

Directions:
1. Preheat oven to 350F
2. Placed cored pears on baking sheet, cut side up
3. Sprinkle evenly with cinnamon and maple syrup
5. While pears are cooling, add Neufchatel, powdered sugar, and vanilla extract to a small bowl, combine by hand with a wire whisk or a hand blender. Stir in walnuts.
6. Once pears are cool, top each pear half with 1 TB of Neufchatel mixture
7. Serve and enjoy

Nutrition Information (per ½ baked pear with 1 TB topping):
Calories: 130  Fat: 5 g  Carbs: 20 g  Protein: 2 g  Fiber: 2.5g  Sodium: 50mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at https://ndb.nal.usda.gov/ndb/

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