

Poached pears in spiced tea



A lovely low calorie dessert, again making use of all your unused 'grow your own' fruit



Ingredients

- 50g golden caster sugar
- 1 tbsp clear honey
- 1 tbsp redcurrant jelly
- 2 spiced fruit tea bags
- 4 firm pears , peeled, halved and core scooped out with a spoon
- Fresh Strawberries or Raspberries
- Yogurt with a little orange juice or zest

Method

Add sugar, honey, redcurrant jelly and tea bags to a large pan with 600ml of water. Boil all the ingredients whilst stirring to dissolve the sugar.

Add the pears (halved or creatively sliced if you wish) cover and simmer for 12-15 mins making the pears nice and tender.

Remove the pairs carefully and turn up the heat, add the strawberries or raspberries and boil for 2-3 mins. Remove the tea bags.

Best served with warm syrup and a spoon full of yoghurt.