

These show-stopping pears are perfect to serve at a tea! They also make a lovely and easy light dessert any time. Make them the day before for added convenience.



Serves 6-8

Pretty Poached Pears

6-8 medium pears
4-6 sprigs of fresh mint
1 large orange peeled, seeded
and chopped into large
pieces
8 oz. frozen *OR* about 24
fresh med. size
unsweetened strawberries
3 Tbs. honey
1 tsp. SCD legal vanilla (vanilla
and alcohol only)
3 oz. Dole 100% pineapple juice
2-3 Tbs. chopped unsalted
pistachios



Pears in the poaching pan

Peel pears, leaving stem attached. Place in a deep pan and cover with water; add mint. Bring to a boil (This takes a little while if pears were cold). Reduce heat; cover and simmer for 8-12 minutes or until pears are tender but firm. Remove with a slotted spoon. Chill before serving.

For sauce, in a blender, combine the orange, strawberries, honey, pineapple juice and vanilla.; cover and process until blended. Serve with poached pears; sprinkle with pistachios.

(Sauce may be made the day before. Just stir to combine.)