

'Roasted' Pears with Nutmeg Cream

Roasted Spiced Pears

3 - 4 pears, quartered and de-seeded

1 tbsp maple syrup

1 tbsp coconut sugar

1/4 tsp sea salt

1/2 tsp cinnamon

1/4 tsp allspice

1. Combine all ingredients in a bowl.
2. Gently toss the pears to coat fully and evenly.
3. Transfer cut side down onto a non stick lined dehydrator tray at 115f for 1-2 hour, flip onto the other cut side, dry again for 1 hour and, lastly, flip onto the rounded side and dry for an additional 1-2 hour to get a lovely 'baked' look to them.
4. These are best to make on the day you'll be serving them.

Nutmeg Cream

1 recipe fermented cashew cream, at room temp or warmed

40g (1/4 cup) maple syrup

15g (1 tbsp) coconut oil, melted

4 drops vanilla medicine flower extract or 1/2 tsp vanilla extract

1/4 tsp freshly grated nutmeg

1/4 tsp sea salt



1. Whisk together all ingredients.
2. Serve right away or transfer to a container and place in the fridge to firm up slightly.
3. Use right away or store in an airtight container in the fridge for up to 2 weeks or in the freezer for several months.

