

Baked Spiced Pears

6 medium pears, peeled and sliced
3/4 c granulated brown sugar substitute
2 tbl crystallized ginger
1 1/2 tsp rum extract
1/4 tsp ground cinnamon
dash of ground allspice
2 tsp reduced-calorie margarine

Arrange pear slices in an 11x7x2-inch baking dish. Combine brown sugar substitute, ginger, rum extract, cinnamon, and allspice. Sprinkle brown sugar mixture over pears. Dot with margarine. Bake at 350 degrees for 20 minutes. Serve warm or chilled.

Makes 12 Servings

Nutrients per Serving:
56 Calories
13 g Carbohydrate
1 g Fat
3 g Fiber