



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear-Vanilla Sorbet

4 (½ cup) Servings

Ingredients

2 (15-ounce) cans Pacific Northwest Canned Pears, halves, in juice, drained and juice reserved
¾ cup granulated sugar
2 tablespoons honey or agave
2 teaspoons pure vanilla extract
1 teaspoon freshly squeezed lemon juice

Method

In a medium non-reactive saucepan, combine ½ cup of the reserved pear juice, sugar, honey or agave, vanilla, and pears.

Bring the ingredients to a simmer and gently cook 5 minutes. Remove the pan from the heat. When mixture has cooled slightly, use an immersion blender to blend until smooth. Add the lemon juice, taste and adjust accordingly, adding additional lemon juice as needed.

Cool the mixture at least 2 hours, taste again, adjust seasoning if needed, and freeze in ice cream or sorbet maker, following the manufacturer's directions.

Servings

Makes 4 servings

Nutrition

| | |
|----------------|-------|
| Calories: | 262 |
| Total Fat: | 0.35g |
| Saturated Fat: | .35g |
| Cholesterol: | 0mg |
| Sodium: | 6mg |
| Carbohydrates: | 66g |
| Fiber: | 3g |
| Sugar: | 60g |
| Protein: | 0.6g |
| Calcium: | 16mg |
| Iron: | 0.5mg |

*Recipe by Christina Horn
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