



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Honey Roasted Bartlett Pear Overnight Oats

## Ingredients

2 (15-oz) cans Pacific Northwest Canned Pears, diced, in light syrup  
2 tbsp honey  
2 cups low fat vanilla yogurt  
1 cup quick oats  
1/3 cup 1% milk  
1/2 teaspoon cinnamon, plus more for sprinkling

## Servings

Makes 6 servings

## Nutrition

Calories: 203  
Total Fat: 2g  
Saturated Fat: 1g  
Cholesterol: 5mg  
Sodium: 61mg  
Carbohydrate: 42g  
Fiber: 4g  
Sugar: 28g  
Protein: 7g  
Calcium: 174mg  
Iron: 1mg

Potassium: 368mg

## Method

Preheat the oven to 400°F. Strain the canned pears and reserve the syrup to add back into the recipe later.

In a large mixing bowl toss pears and honey to coat. Spread pears on a large sheet pan lined with parchment paper. Bake on the center oven rack until lightly caramelized, about 20 minutes. Let the pears cool about 10 minutes after removing from the oven.

In a large mixing bowl, combine about half of the cooled pears, the reserved pear juice, yogurt, oats, milk, and cinnamon.

Scoop the oat mixture into 6 clear cups or jars. Spoon the reserved pears on top. Cover and chill overnight or for at least 4 hours. Garnish with a sprinkle of cinnamon before serving.

*George Siedis, Child Nutrition Director,  
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Third Place  
2025 CAN DO Challenge  
[eatcannedpears.com](http://eatcannedpears.com)*