



Microwaved pear with chocolate sauce

Ingredients (serves 1)

- 1 ripe pear
- Half a very ripe banana
- 1 teaspoon pure cocoa powder
- Water

Method

1. Peel pear, remove seeds and core. Cut it into quarters.
2. Place pear in a microwave-safe container, add a splash of water and cook at maximum heat for 4-5 minutes. Drain.
3. Arrange the pear on a plate.
4. Blend peeled banana with cocoa powder and a splash of water using an immersion blender until a sauce forms.
5. Drizzle sauce over pear and serve.