



# Microwaved pear with yoghurt

## Ingredients (serves 2)

- 1 pear
- 1 plain yoghurt (individual-size container)
- 10 g puffed rice

## Method

1. Peel pear, remove seeds and core. Slice 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. Beat yoghurt and drizzle over pear.
5. Garnish with puffed rice.

## Recommendations

Can be made without yoghurt or with non-dairy or lactose-free yoghurt.