



**NEW EPISODES  
MONDAYS  
AT NOON EST**

## **"Heart Healthy Sweets" Poached Pears**

**1 cup orange juice  
1/4 cup apple juice  
1 tsp ground cinnamon  
1 tsp ground nutmeg  
4 whole pears  
1/2 cup fresh raspberries  
2 tbsp orange zest**

**In a small bowl, combine the juices, cinnamon and nutmeg. Stir to mix evenly. Peel the pears and leave the stems. Remove the core from the bottom of the pear. Place in a shallow pan. Add the juice mixture to the pan and set over medium heat. Simmer for about 30 minutes, turning frequently. Don't boil. Transfer the pears to individual serving plates. Garnish with raspberries and orange zest and serve immediately.**