

Spiced Baked Pears, Vegetarian, Gluten Free, Nut Free Ayurvedic Sweet Spice Blend, Granola Recipe, & Maple Caramel Recipe Sauce

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Makes 4 servings

Ingredients

- 2 organic medium pears (or 6 small pears)
- 1 tablespoon real lemon juice
- 1/4 teaspoon Ayurvedic sweet spice blend *
- pinch mineral salt
- 1/4 cup pure maple syrup
- 1 tablespoon ghee (or coconut oil)
- 1/2 teaspoon pure vanilla extract



Toppings (optional)

- Plain or vanilla vegan yogurt (Cocojune Coconut Plain or Vanilla Yogurt is what I like)
- Granola (see recipe below)

Preparation

1. Preheat oven to 375°F. Line a large baking pan/sheet with parchment paper. Set aside.
2. Cut pears in half and core out the seeds. Arrange pears, facing up, on/in the prepared baking pan/sheet. Use a pan/sheet that has just enough room for the pears.
3. Brush with the lemon juice. Pour the maple syrup evenly over the pears, then sprinkle with the Ayurvedic Spice Blend and drizzle the the ghee + vanilla extract on the pear halves. Then, flip the pears cut side down for baking.
4. Bake uncovered for about 20 minutes, or until soft. If your pears were quite firm, you may need to extend the bake time.
5. Flip the pears over, and pour the caramelized maple-vanilla-ghee sauce of the pears, and cook for an additional 5 minutes uncovered until the edges are lightly browned.
6. Serve warm, optional topping with granola and coconut yogurt, if desired. See granola* recipe below.

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NOTES

If you want extra maple caramel to drizzle over the Spiced Baked Pears, then make this **Vegan Maple Caramel Sauce**. Read entire recipe first.

This recipe modified from <https://delightfuladventures.com/maple-caramel-sauce/>

Ingredients

1 cup real maple syrup
¼ cup barista oat milk, (Califia Barista Blend or Minor Figures Barista Oat Milk)
½ teaspoon pure vanilla extract
¼ teaspoon mineral salt

Equipment

heavy bottom pot that holds 4 cups, enameled cast iron pot works best
candy thermometer (optional)

Preparation

1. Add the maple syrup to a medium pot (hold 4 cups) with a heavy bottom. An enameled cast iron pot works great. If you have candy thermometer with a clip, attach it onto the side of the pot.
2. Place the pot over medium heat, bring the maple syrup to a boil, and continue boiling until the temperature reaches 230°F on the candy thermometer. This will take roughly 10-15 minutes. Do not stir the maple syrup during this time to prevent crystallization.
3. If you do not have a thermometer, “you can approximate your measurements by dropping a spoonful of the hot caramel into a bowl of ice water. The caramel will seize up, and its consistency once it does so will give you a sense of its temperature. If the caramel forms a pliable soft ball, for instance, it’s around 240°F. If it forms a hard ball, it’s between 250°F to 260°F, etc.” (<https://www.kingarthurbaking.com>).
4. Remove the pot from the heat. Add the barista oat milk, vanilla, and mineral salt. Gently stir them in, stop stirring when everything has fully combined. Don't over-mix.
5. Let the sauce sit in the pot for a few minutes to cool slightly, then pour it into a heat-safe glass jar. Allow it to cool, at room temperature, then cover the jar. It will thicken up as it gets cooler. You may also place it in the refrigerator to chill
6. Serve cold or warm in the microwave for 20-30 seconds. Maple Caramel Sauce will last for 1 week refrigerated.

Ayurvedic Sweet Spice Blend Recipe

Ingredients:

- ½ tsp. Ginger powder
- 1 Tbsp. Cinnamon powder
- 1 Tbsp. Cardamom Powder
- 1 tsp. Nutmeg freshly grated
- ¼ tsp. of sea salt or mineral salt

Mix ingredients together. Add to your dishes such as oatmeal, yogurts, fruits or any other dish you want to add a little sweetness.

Granola with Sunflower Seeds, Nut Free, Gluten Free Recipe

- 2 cups gluten-free rolled oats (I used Trader Joes)
- ½ cup sunflower seeds
- ½ cup shredded unsweetened coconut (optional)
- 1 tsp Ayurvedic Sweet Spice Blend
- ⅓ tsp mineral salt
- ½ cup dried cranberries, raisins or chopped deglat dates (optional)
- 5 tbsp real maple syrup
- ¼ cup sunflower seed butter
- 1 tsp real vanilla extract

Instructions

- Preheat oven to 325° F.
- Mix together all dry ingredients. Set aside.
- Mix together all wet ingredients, and pour over dry.
- Use a wooden spoon or spatula to mix everything together until dry Ingredients are fully coated.
- Line a baking sheet with parchment paper and spread out granola evenly
- Bake for 10 minutes. After 10 minutes, remove from oven and use a spatula to press granola down, so it sticks together. Bake for 10 more minutes.
- Remove from oven, and let cool completely before breaking into clusters.

Store in an airtight container for up to 2 weeks.