



BODYBUILDING.COM™

Grill-Poached Pears

Prep Time: 10 min. Cook Time: 15 min.

Makes 4 Servings

Ingredients:

2 large pears

1/2 cup white wine

1 tbsp Splenda or Stevia

1 cinnamon stick

2 tbsp light whipped topping

Directions:

1. Spray a grill-safe baking dish with non-stick spray.
2. Cut the pears in half, removing the cores, then place in the dish cored side down.
3. In a small bowl, mix together the white wine and Splenda, then pour over the pears.
Place the cinnamon stick in the dish with the pears
4. Place the dish on the grill and cook for about 15 minutes.
5. When the pears are soft and can be easily pricked with a fork, remove them from the dish and serve immediately with whipped topping.