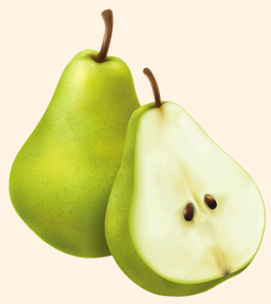


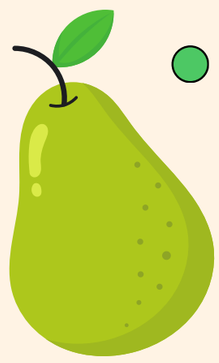
Peter the Pear

JANUARY

It's January and we are really excited to introduce our new Superhero Fruit of the month!

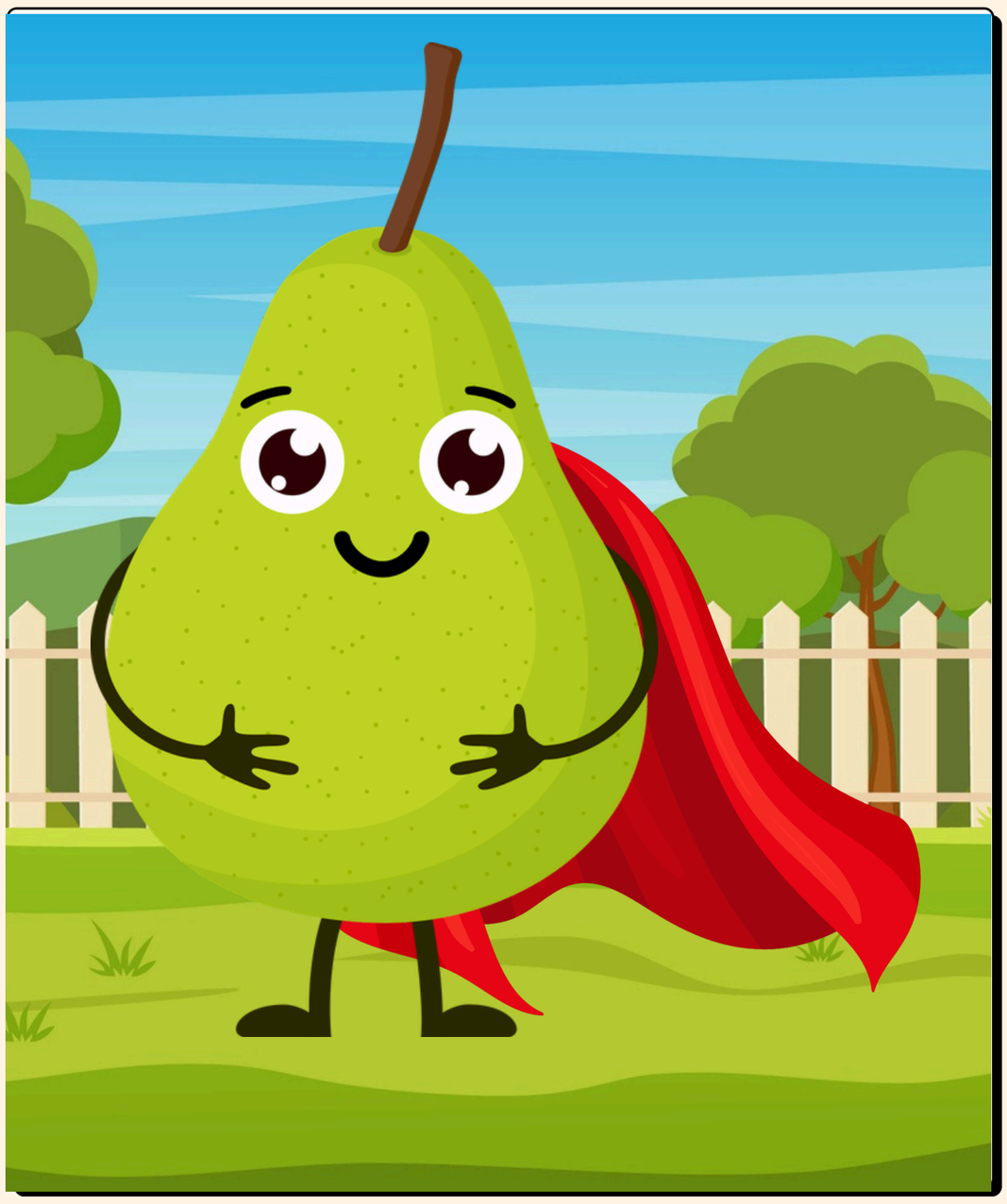
Can you guess who I am?





Who Am I?

- I amalightbulb-shaped fruit. I am green/yellow colour with tiny brown freckles on me
- I'm soft and juicy when you bite into me
- I taste sweet and sometimes I have a gritty texture
- I am part of the Rose Family



Did You Know?

- I'm not always green, I can sometimes be yellow, red or brown
- Apples are like my cousins, we both come from the Rose family
- There are more than 3000 varieties of pears
- I don't ripen while still hanging from the tree
- Pear trees can live to be 100 years old



Where Can You Find Me?

- I can grow in Irelandandall over the world
- I grow best in mild climates where there's good soil
- I am available in shops all year round but I taste the best between Novemeber-February
- The best way to store me is on a counter-top or a fruit bowl at room temperature.



Why You Should Eat Me?

- First of all, I taste delicious!
- I am an excellent source of ***fibre***. This helps your tummy stay health
- I keep you hydrated as I contain up to 84% ***water***

Fun Ways to Eat Me

You can eat me as I am or blend me into a smoothie
or
You can add me into your breakfasts such as on top of your porridge or yoghurts
or
You can bake me into a tart or cake

Turn over for some cool recipes!



LOW PROTEIN RECIPES

CARAMELIZED SPICED PEARS

(Entire recipe makes 6 servings)



Ingredients:

- 3 ripe but firm pears, cut into 1 cm (1/4-inch) slices
- 1 tablespoon lemon juice
- 1/2 tablespoon unsalted butter
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger

Method:

1. Toss pears with lemon juice in a medium bowl.
2. Melt butter in a large deep skillet over medium heat; stir in the pears. Reduce heat to medium-low, cover and cook, stirring once halfway through, for 10 minutes.
3. Combine the cinnamon and ginger.
4. After 10 minutes, stir the cinnamon and ginger mix into the pears. Increase the heat to medium and cook, stirring often, until the pears are tender and glazed, 4 to 6 minutes, depending on the type and firmness of the pears. Serve warm.



