



## Pear and Cinnamon Layer

### Ingredients

30g/1oz butter

1 orange, grated, rind and juice

1 packet of Juvela Low Protein Cinnamon Cookies, crushed

3 pears, peeled, cored and chopped

2 teaspoons of Cinnamon

Oven temperature: 190°C/375°F/Gas Mark 5

### Method

1. In a pan, melt the butter and add orange juice and rind.
2. Divide half of the pears between two 2 large ramekins
3. Crush the Juvela cookies in a mixing bowl and add the 2 teaspoons of cinnamon to the mix. Stir well together
4. Sprinkle the pears in the ramekins with half of the cookies. Cover with the remaining pears then sprinkle with the remaining cooking.
5. Pour half the melted butter mixture over each ramekin and bake in a preheated for 25-30 minutes. Can be eaten hot or cold.

This recipe has been provided by @Juvela