

Poached pears

700 ml dark grape juice

4 pears, peeled and quartered, cores removed

Pour juice into a saucepan and bring to the boil. Reduce the heat, add pears and simmer for 10-15 minutes or until just tender. Turn pears over during the cooking time to ensure the juice covers them. Turn off the heat and cool in the syrup. Serve warm or cold with yoghurt and cinnamon. Serves 4

Health Habits: