

## Pour and Bake Pear Dessert

(serves 6)

2—15oz cans pear halves

1/3 cup flour

1/4 cup sugar

1/2 cup plain yogurt or sour cream (fat-free works)

2 eggs or 4 egg whites

1 tsp vanilla

3 T Brown Sugar

Preheat oven to 375°.

Drain pears reserving  $\frac{3}{4}$  cup juice.

Spray 9" pie plate or quiche pan with pan coating, arrange pears.

Blend remaining ingredients except brown sugar.

Pour over pears in pan.

Sprinkle with brown sugar.

Bake 25-30 minutes or until center is set.

Cool a few minutes before serving warm.