



HEALTHY VILLAGE

WELLNESS CENTER

Dessert Recipes



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Baked Pears

4 Servings / Prep time: 5 minutes / Cook time: 25 minutes
Vegan, Gluten-free

Ingredients

- 4 D'Anjou pears (aka Anjou pears)
- 1/2 cup (120ml) pure maple syrup
- 1/4 teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract
- Sunflower Seeds and blueberries for topping

Directions

Preheat oven to 375°F (190°C). You can line pan with parchment or a silicone baking mat. Cut pears in half, then cut a small sliver off the underside so the pears sit flat when placed upright on the baking sheet.

Using a large or medium cookie scoop or melon baller (or even a teaspoon), core out the seeds.

Arrange pears, facing up, on the baking sheet. Sprinkle evenly with cinnamon-- feel free to add more cinnamon if you'd like.

Whisk the maple syrup and vanilla extract together in a small bowl. Drizzle most of it all over the pears, reserving about 2 tablespoons for after the pears are finished baking. Bake pears for about 25 minutes until soft and lightly browned on the edges. Remove from the oven and immediately drizzle with remaining maple syrup mixture. Serve warm with sunflower seeds and blueberries. Store leftovers in the refrigerator for up to 5 days.

Make ahead tip: Pears are best baked right before they are served, but you could bake them completely and refrigerate for up to 5 days. Then, warm back up in the oven for 10 minutes and top with remaining maple syrup mixture, sunflower seeds and blueberries right before serving.

Source

<https://sallysbakingaddiction.com/simple-maple-vanilla-baked-pears/print/>



Chia Seed Coconut Berry Pudding

8-10 Serving / Prep time: 10 minutes / Cook time: 4 hours
Vegan, Gluten-free

Ingredients

- 2 cans (13.5 ounces) full-fat coconut milk
- 1/2 cup black chia seeds
- 2 teaspoons vanilla extract
- 1 pint fresh blueberries
- 8 large strawberries, destemmed and sliced thin
- 8 sprigs fresh thyme

Directions

In a large mixing bowl, whisk the coconut milk with the chia seeds and vanilla extract. Once incorporated, pour an even amount into eight cups.

Let the cups set for at least four hours or overnight in the refrigerator.

Garnish the puddings with the blueberries, a sliced strawberry, and a sprig of fresh thyme.

Source

<https://www.popsugar.com/node/41745093/print>



Grilled Nectarines with Honey Balsamic Glaze

6 Servings
Vegetarian, Gluten-free

Ingredients

- 1/2 cup plus 2 tablespoons honey
- 1/4 cup balsamic vinegar
- 1/2 teaspoon vanilla extract
- 1 8-ounce container crème fraîche
- 6 firm but ripe nectarines, halved, pitted

Directions

Whisk 1/2 cup honey, vinegar, and vanilla in small bowl. Whisk crème fraîche and remaining 2 tablespoons honey in medium bowl to blend. (Glaze and crème fraîche mixture can be made 1 day ahead.

Cover separately. Refrigerate crème fraîche mixture. Rewhisk both before using.) Prepare barbecue (medium-high heat). Brush nectarines generously with half of glaze.

Grill until heated through, turning occasionally, about 4 minutes. Arrange 2 nectarine halves, cut side up, on each plate. Drizzle with remaining glaze. Spoon some crème fraîche mixture into center of each nectarine half and serve.

Source

<https://www.epicurious.com/recipes/food/views/Grilled-Nectarines-with-Honey-Balsamic-Glaze-106651>