



# VANILLA YOGHURT WITH CARAMELISED PEARS AND PISTACHIOS

A simple, luxurious breakfast treat or easy dessert.

*Serves: 2*

## INGREDIENTS

- 15ml (1 tbsp) butter
- 2 pears, peeled and cored
- 30ml (2 tbsp) honey
- NutriDay Vanilla Flavoured Yoghurt, to serve
- Pistachio nuts, to serve

## METHOD

1. In a non-stick frying pan, melt the butter and cook the pears until golden brown.
2. Drizzle in the honey and allow to caramelise for a minute or two.
3. Serve the caramelised pears with NutriDay Vanilla Flavoured Yoghurt and pistachio nuts.