

# Spiced Pear Butter

Serves: 8. Serving size : about 1/4 cup

## Ingredients

- 1 (15 ounce) can pears, drained
- 1 tablespoon packed dark brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice

## Directions

1. Combine all ingredients in a blender.
2. Blend until mixture is smooth and without any chunks.
3. Enjoy on graham crackers, pancakes, muffins, whole wheat toast, or in place of jelly.



Recipe from Marion County Public Health Department,  
picture from [reciprunner.com](http://reciprunner.com)

**Nutrition per serving:** 42 calories, 0 g protein, 0 g fat, 12 g carbs, 1 g fiber, 4 mg sodium