

# Baked pears with strawberries

Sweet

level 

 4

 40 min



## Ingredients

200 ml	Fresubin Protein Energy DRINK Wild Strawberry
40 g	sugar
50 ml	water
4	ripe pears (600 g)
	flakes of butter
250 g	fresh strawberries
20 g	brown sugar

## Nutritional information per serving:

Energy .....	254 kcal
Protein .....	6.2 g
Fat .....	5.0 g
Carbohydrate .....	43.0 g
Fibre .....	5.4 g



## Alternative products:

Fresubin® Energy/Fibre DRINK  
Fresubin® Energy Fibre DRINK

## Preparation

Dissolve the sugar in boiling water. Peel the pears, wrap the stalks in aluminium foil. Place the pears in an ovenproof dish, pour some sugar water over the pears and spread some flakes of butter on them.

Bake for 30 minutes at 190 °C in a pre-heated oven on the top shelf, pouring sugar water over the pears at regular intervals. Use a thin skewer to check whether they are done.

When the pears are almost ready, sprinkle 1 tbsp of sugar over them and leave in the oven to caramelize.

Remove the foil from the stalks and serve hot with strawberries: Marinate strawberries in brown sugar and purée together with Fresubin Protein Energy DRINK Wild Strawberry before serving. Thicken with Thick & Easy just as desired.

**TIP:**  
Alternatively use apples instead of pears.