



Poached Pears With Yoghurt



Great Because...

Simple and affordable, poached pears with yoghurt is a yummy breakfast that is a little different from toast or eggs and is perfect for those warmer summer days. With baby led weaning meal ideas, simplicity is key and this recipe couldn't be easier!

Prepare in... 15 mins

Cooks in... approx 15 mins

Serves... 4

Ingredients

- 2 large pears
- 1 strip of orange peel
- 200g Greek yoghurt

How To Make

To make, peel the pears and cut into quarters, making sure to remove the stalk and core. Then place the pears and orange peel into a pan of simmering water and poach for 15 minutes or so, until tender. Move the pears to a bowl and top with yoghurt. Allow to cool thoroughly before mashing together to achieve the desired consistency.

If you want to include a finger food addition, then raspberries or bananas are a great choice!

