

## Pear butter (sugar free)

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Simmering pears in pear nectar (available in the health food section of supermarkets), and then reducing the purée until thickened, produces an exceptionally rich-tasting spread that contains no added fat or sugar.

It is a great item to have on hand – spread it on toast or layer it with vanilla yoghurt and top with nuts for a quick [dessert](#) or snack. If you have a good supply of pears, feel free to double the recipe, using a large saucepan.

### Ingredients

- 4 ripe but firm bartlett pears, peeled, cored and cut into 2 cm chunks
- $\frac{3}{4}$  cup pear nectar

### Method

Place pears and pear nectar in a heavy-medium saucepan; bring to a simmer. Cover and simmer over medium-low heat, stirring occasionally, until the pears are very tender, 30 to 35 minutes. Cooking time will vary depending on the ripeness of the pears.

Mash the pears with a potato masher. Cook, uncovered, over medium-low heat, stirring often, until the purée has cooked down to a thick mass, 20 to 30 minutes. Stir almost constantly toward the end of cooking. Scrape the pear butter into a bowl or storage container and let cool.

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