

# Sorbet with Glazed Pear Slices

This light and fruity dessert adds the perfect finishing touch to a big meal.

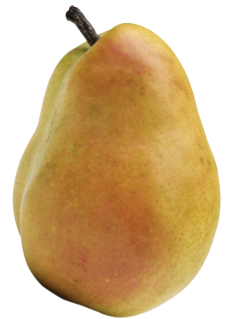
## Ingredients

- 1 T trans-fat-free spread
- 2 T sugar
- 3 medium peeled Bosc pears, cored and each cut into 8 wedges
- 1/2 cup apple juice
- 2 cups fruit-flavored sorbet

## Preparation

1. Melt trans-fat-free spread in a large, nonstick skillet over medium-high heat. Add sugar and pear wedges; cook 10 minutes or until tender, stirring occasionally. Spoon pear mixture into a shallow dish; set aside.
2. Add apple juice to pan. Bring to a boil and cook until reduced to three tablespoons, stirring frequently. Pour over pear mixture, and serve warm with sorbet.

**Yield:** 6 servings (4 pear wedges and 1/3 cup sorbet)



## Nutrition Facts

Yield 6 servings

Amount Per Serving

**Calories** 163

**Fat** 2.7g

**Carbohydrate** 37.8g

Dietary Fiber 2.2g

**Protein** 0.3g

**Sodium** 30mg

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