

Chocolate Pear Crisp



Serves 4 Prep 10 mins Cooking 40 - 45 mins Easy Low fat

Ingredients

3 ripe pears, peeled and cored
juice of 1/2 lemon
1 tbsp light muscovado sugar
4 tsp Poire William liqueur or Cognac (optional)

For the topping

50g icing sugar
1 tbsp cocoa powder
25g ground almonds
1 egg white

1. Heat oven to 160C/ Fan 140C/ Gas 3. Chop the pears into small pieces and put in a pan with the lemon juice and sugar. Bring to the boil, then cover and cook for 8 -10 mins more until the juices thicken up. Spoon into 4 x 150ml ramekins and add a tsp of liqueur to each if using.
2. For the topping, sift the icing sugar and the cocoa into a bowl, then stir in the almonds. Whisk the egg white until stiff, then fold into the dry ingredients. Spoon over the pears and shake the ramekins to level the mixture. Bake for 20- 25 mins until the topping is firm to the touch. Serve warm or cold.