

Pear Butter

THM-Friendly E, Low-fat, Sugar-free

Ingredients:

- 12 pears roughly cut into chunks (don't bother peeling them)
- 1 cup water
- $\frac{1}{4}$ tsp. Pure Stevia Extract Powder
- 1 tsp. Vanilla Extract
- 1 tsp. Cinnamon
- $\frac{1}{2}$ tsp. Nutmeg
- $\frac{1}{2}$ tsp. Cloves

Directions:

1. Place all of the ingredients in a pot or crockpot and cook on low until the pears are very soft. After that, let the mixture cool before blending it in a blender. Use immediately or store it in the fridge. This goes great on soured or sprouted bread! I've also added it to oatmeal.

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