

Pears, Please!

Full of antioxidants, this sweet little fruit packs a healthy punch, protecting cells and delivering hydration for a mere 100 calories per pear.

NATURAL SWEETNESS

Cook with your favorite hot cereal.

SLICE

Layer with cheddar cheese slices and grill on multi-grain bread.

DICE & ROLL

Mix with goat cheese and parsley and roll up in a whole grain tortilla.

