

FUEL **UP**

# 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.

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## **SLICE**

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

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## **DICE & ROLL**

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

