

# Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



[www.goodenoughtoeat.net](http://www.goodenoughtoeat.net)

## Pear Cream

### To make the pear cream add:

- ¾ cup raw cashews
- 1 teaspoon vanilla extract
- 2 x 800g tins pears halves in natural juice

1. Drain canned pears and place in food processor with cashews and vanilla.
2. Process until very smooth.

Use as a topping for pancakes or fruit salad. Only use in small amounts as it is high in fat.



**Pear Cream**



**Raspberry Peach  
Crumble Cake served  
with Pear Cream**