

Fall Fruits II: Pears



One of my favorite snacks this time of year is a plate of fresh sliced ripe pears. However, unlike most winter fruits, pears take a bit more care in handling. Picked and shipped unripe, they come into their own on your kitchen counter but their “*perfect*” state can be a narrow window of time so a close eye must be kept.

What you might not know about pears, though, is that there can be quite a variance in taste and texture based on the variety you select. *Saveur* magazine offers this visually appealing guide to ten of the most commonly found pear varieties. What’s my favorite pear? Well, hands down it is Bosc. I love the look and taste of this rustic pear. And the fact that it ripens quickly might just be another reason I enjoy it so much!

While pears are a perfect snack all on their own they can easily play a starring role at any meal of the day. Here’s a sweet option for the start of your day and a savory recipe for your evening meal.

I encourage you to try a **Creamy Pear Avocado Smoothie** this week. While this yummy blend happens to be a little rich for my morning taste, I find this combination perfect as a late morning snack or even a lunch replacement when I am on the go.



Ingredients

2 ripe bananas (or previously frozen)

1/2 ripe avocado

2 small ripe pears (all varieties work well)

2 1/2 cups | 375 ml. almond milk (or any organic plant-based milk)

4 homemade frozen green cubes (or frozen spinach or 2 handfuls dark leafy greens)

2 tbsp hemp seeds

1 tbsp hemp protein powder (as I am not a fan of protein powders I suggest omitting this)

extra hemp seeds for sprinkling

[Full Instructions Here](#)

And why not have fruit for dinner? Cauliflower Hazelnut Soup shows how pears and cauliflower become a perfect compliment to each other in this hearty fall soup with plenty of room for customizing. I'm always excited about another recipe I can prepare in my pressure cooker in minutes and this one was a huge hit at the Hubele house.



Ingredients

2 tablespoons of unsalted butter (replaced with coconut spread or oil)

1 white or yellow onion, diced

1 1/2 teaspoon of dried oregano, divided

2 cloves of garlic, minced

1 medium head of cauliflower, washed and cut into small florets

1/4 cup of gluten free oats (replaced with 1 russet potato for a grain free version)

1/4 cup of toasted, skinned hazelnuts

1/2 a pear, cored and diced

1/2 cup of canned white cannellini beans, strained and rinsed

About 5 cups of vegetable stock (homemade or use Rapunzel bouillon cubes)

3/4 teaspoon of salt, divided

1/2 teaspoon of pepper, divided

1 tablespoon each of fresh thyme and parsley leaves chopped

2 tablespoons of chopped toasted skinned hazelnuts

1 tablespoon of olive oil

Pinch of red pepper flakes (optional)

[Full Instructions Here](#)

Wondering about peeling the skin off of those hazelnuts? Here

are two methods to consider, I've been a fan of the roast and rub method for years and have found it good enough.

Enjoy!