
Cinnamon-Spiced Poached Pears with Fresh Berries

Elegant poached pears simmered in aromatic citrus juices with warm spices—a naturally sweet dessert that won't spike your blood sugar.

Prep: 10 min

Cook: 30 min

Total: 40 min

Servings: 4

GL 13.6 / GI 17

Ingredients

Provides vitamin C and natural sweetness; liquid form has higher glycemic impact orange juice, freshly squeezed

Choose unsweetened variety; liquid sugars absorb quickly unsweetened apple juice

May help improve insulin sensitivity and glucose metabolism ground cinnamon

Adds warmth and aromatic complexity ground nutmeg

Whole fruit with fiber; choose Bosc or Anjou varieties for best texture firm ripe pears with stems

Low-glycemic berries high in fiber and antioxidants fresh raspberries

Provides flavor without added sugars; rich in flavonoids orange zest, freshly grated

Instructions

Step 1

Prepare your poaching liquid by whisking together the orange juice, apple juice, ground cinnamon, and ground nutmeg in a small bowl until the spices are evenly distributed throughout the liquid.

Step 2

Using a vegetable peeler, carefully remove the skin from each pear while keeping the stems intact for an elegant presentation. Use a small melon baller or paring knife to core the pears from the bottom, creating a small cavity to remove the seeds while leaving the pear whole.

Step 3

Select a shallow saucepan or deep skillet large enough to hold all four pears lying on their sides. Arrange the peeled pears in the pan and pour the spiced juice mixture over them, ensuring the liquid comes at least halfway up the sides of the fruit.

Step 4

Place the pan over medium heat and bring the liquid to a gentle simmer—you should see small bubbles around the edges but not a rolling boil. Reduce heat to medium-low to maintain this gentle simmer.

Step 5

Poach the pears for approximately 30 minutes, carefully turning them every 7-8 minutes with a large spoon to ensure even cooking and color. The pears are done when they're tender when pierced with a knife but still hold their shape.

Step 6

Using a slotted spoon, carefully transfer each poached pear to an individual serving plate, standing them upright with stems pointing up. If desired, you can reduce the poaching liquid over high heat for 3-4 minutes to create a light syrup.

Step 7

Garnish each pear with fresh raspberries arranged around the base and a sprinkle of freshly grated orange zest over the top. Serve immediately while warm, or chill for 2 hours and serve cold. For better blood sugar control, enjoy after a protein-rich meal.