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**SPICED PEAR OATMEAL**

There are approximately 3,000 varieties of pears in the world. And regardless of which type you choose, this spiced oatmeal is simple, delicious and full of nutrients! Makes 1 medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 cup boiling purified water
* 1 pear, cored and chopped into bite-sized pieces
* 2 Tbs. pecans, chopped
* ¼ tsp cinnamon
* 1 pinch nutmeg

**Method:**

1. Add oats of a jar or bowl.
2. Pour boiling water over the oats, cover and let sit for 5 minutes.
3. Add cinnamon and nutmeg.
4. Add the pear and pecans.
5. Stir to mix and enjoy.