

# Roasted Cinnamon Pear Oatmeal

## INGREDIENTS:

- 3 cups (750g) cooked spaghetti squash
- 4 large (930g) red bartlett pears, halved, cored and stalks removed
- 2 tbs coconut oil, softened but not melted
- 1 tsp powdered cinnamon
- 1+1/4 cups (110g) shredded coconut
- 2+1/2 cups (625ml) coconut milk
- 1 tsp salt

## DIRECTIONS:

1. *The night before:* Preheat the oven to 350°F/180°C.
2. Prepare a large squash by cutting it in half across the width, scooping out the seeds and putting it cut side down in a roasting pan large enough to hold both halves. Pour a half inch worth of water into the pan and bake for about 45 minutes to an hour. Carefully remove the piping hot squash halves and put them onto plates to cool before popping into the fridge overnight.
3. In a small bowl, mix the coconut oil and cinnamon powder together, and divide between the pear halves, spooning into and along the wells.
4. Place into a large roasting tin and bake alongside the squash for 30 minutes.
5. Baste the pears all over with the juices that have run into the pan, turn them so they are cut side down and continue roasting an extra 15 minutes or until nicely browned, slightly caramelised..
6. Set aside to cool before putting into a covered container (along with the juices) and leaving in the fridge overnight.
7. In the morning, roughly chop three of the pears (six halves) and put them into a large pan along with the squash, shredded coconut, coconut milk and salt.\* Make sure to add in the coconut/cinnamon that has now set on the bottom of the dish.
8. Mix well and bring to the boil. Immediately turn down to a simmer and cook, stirring frequently until piping hot throughout, approx 8-10 minutes.
9. Use an immersion blender to break down the fibres of the squash, but leaving it fairly chunky.

