



Ashley's Meal Prep Monday!



Instant Pot Pear Butter

INGREDIENTS

5 pounds pears, peeled, cored and sliced into large chunks

1 cup coconut sugar

3 TBSP lemon juice

1 TBSP cinnamon

1/4 TSP nutmeg

1/4 TSP ginger

pinch of cloves

1/4 cup water

Add pears, coconut sugar, lemon juice, cinnamon, nutmeg, ginger, cloves and water to the instant pot. Cook on high pressure for 30 minutes.

Do a quick release so the steam comes out and not into the pot. Open lid when safe and bring the mixture to a boil, reduce to a low rolling boil and simmer for 20 minutes.

With an immersion blender, blend until the mixture is smooth. I actually poured mine into my Ninja and it worked just fine, then back into the instant pot.

Simmer the sauce for another 10 minutes or until the butter is thick and when pushed with a spoon the mixture keeps the ripple from the spoon without filling back in. Allow to cool and store in a jar in the fridge or water can bath in glass jars for 10 minutes.



Recipe: www.flypeachpie.com

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