



# Pear Puppy

Makes: 20 Pear Puppies

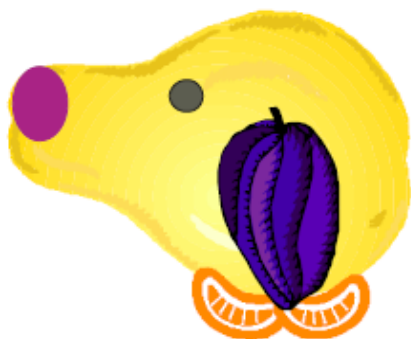
## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
10	pears, cut in half (20 pear halves)	10
10	red or black grapes	10
20	raisins	20
40	mandarin orange segments (about 5 mandarins)	40
10	prunes, pitted	10

## Instructions

1. Place pear half cut side down on a plate.
2. Cut the prune in half, lengthwise. Place one of the prune halves at the large end of the pear half for the ear.
3. Using a teaspoon, scoop out a tiny hold in the pear half for the eye. Place a raisin in the hole. Cut the grape in half and place at the narrow end of the pear for the nose.
4. Use the mandarin orange segments for the collar.

Adapted by Dorothy Young, Community Food Advisor,  
Ottawa Public Health



### Nutrition Information

Serving 1 pear puppy

**Calories** 70

**Fat** 0 g

Saturated 0 g

+ Trans 0 g

**Sodium** 60 mg

**Carbohydrates** 19 g

Fibre 3 g

Sugars 12 g

**Protein** 1 g

Calcium 20 mg

Iron 0.2 mg

### Food Guide Servings

1 Vegetable & Fruit