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Pears and Graham Crackers with Honey-Yogurt Dip ♦♦

A delicious and healthy snack made with fresh pears, graham crackers, and a creamy honey-yogurt dip. This recipe is perfect for vegetarians and can be enjoyed as a snack or dessert. The pears provide a sweet and juicy flavor, while the graham crackers add a crunchy texture. The honey-yogurt dip is smooth and creamy, with a hint of sweetness from the honey. It's a simple and satisfying recipe that can be enjoyed by everyone.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	pears
100 g	graham crackers
200 g	Yogurt

30 g honey

Directions

Step 1

Cut

Wash and slice the pears into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the yogurt and honey until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Plating

Serve the sliced pears with graham crackers and the honey-yogurt dip.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 1 g

Protein: 4 g

Carbohydrates: 61 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	61 g	110.91%	122%
Fibers	7 g	18.42%	28%
Sugars	42 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	40 mg	1.74%	1.74%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Snacks

Cultural

Chinese New Year

Demographics

Senior Friendly

Diet

Vegetarian Diet Pescatarian Diet Ovo-Vegetarian Diet

Anti-Inflammatory Diet Low Sodium Diet The Fast Metabolism Diet

The 80/10/10 Diet The Gerson Therapy The Beverly Hills Diet The F-Plan Diet

The Israeli Army Diet The Bretharian Diet The Werewolf Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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