

PEAR AND POMEGRANATE DUMPLINGS

Serves 8

INGREDIENTS

DUMPLINGS:

- 2 cans refrigerated crescent roll dough
- 2 large pears peeled, cored and in 8 slices
- 1 cup butter unsalted and melted
- 2 tablespoons apple juice
- 3/4 cup granulated sugar
- 3/4 cup dark brown sugar
- 1 tablespoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Pinch of salt
- 12 ounces AHA® Blueberry Pomegranate Sparkling Water

FROZEN YOGURT:

- 3/4 cup Strawberry Dannon® Two Good Greek Low Fat Yogurt
- 2 cups frozen strawberries
- 4 tablespoons honey



PREPARATION

DUMPLINGS:

1. Preheat oven to 350°F and thoroughly grease 9"x13" baking dish.
2. Unwrap crescent roll dough and separate into set triangles.
3. Place a pear slice in the center of each triangle, then roll up the croissant around it. Place each apple dumpling into the baking dish.
4. In a bowl, whisk together butter, apple juice, both sugars, vanilla, cinnamon, nutmeg and pinch of salt until combined, then pour over the dumplings.
5. Pour soda around the rolls, then bake 40 - 45 minutes or until they turn perfectly golden brown.
6. Serve warm with ice cream if desired.

FROZEN YOGURT:

1. Add frozen strawberries, yogurt and honey to a food processor and pulse on high speed until smooth. Freeze then serve with dumplings.