Roasted Pear, Walnut and Skyr Breakfast Pots

2 breakfast pots, each with half the fruit, skyr and crunch | Active 15 min | Cook 25 min | Total 45 min

Ingredients

- 2 medium pears, cored and cut into broad wedges (300 g prepared fruit)
- 1 tablespoon pure maple syrup (20 g)
- 1 teaspoon olive oil (5 ml)
- 1/2 teaspoon ground cinnamon (1.3 g)
- 2 cups plain nonfat skyr (450 g)
- 1/4 cup chopped walnuts (30 g)
- 1/3 cup old-fashioned rolled oats (30 g)

Set out

Rimmed baking sheet, Baking parchment, Small skillet, 2 wide-mouth breakfast containers

Allergens

Milk, Walnuts, Oats; choose certified gluten-free oats if needed. Check labels and substitutions.

For an early start

Roast the pears while dinner cooks and portion the cooled ingredients that evening. This is a full breakfast pot, not a drink to rush between sets. If a large breakfast feels uncomfortable close to activity, eat at a time that suits you; the recipe does not depend on a particular training window.

Make it

1. Heat the oven to 375°F/190°C. Line the baking sheet with parchment. Toss the pear wedges with maple syrup, olive oil and cinnamon; spread in a single layer.

2. Roast for 20–25 minutes, turning after 15 minutes, until the fruit is tender when pierced and lightly browned at the edges. Allow 10 minutes to cool.

3. Meanwhile, put walnuts and oats in the dry skillet over medium-low heat. Stir for 3–4 minutes until fragrant and lightly golden, then immediately transfer to a plate.

4. Divide skyr between two containers. Top each with half the cooled pears and any syrup from the sheet. Add half the walnut-oat mixture just before eating, or pack it separately.

Estimated nutrition per serving

Calories: 425 kcal | Protein: 30.3 g | Carbohydrate: 51.3 g | Fat: 13.2 g | Fiber: 7.5 g. One of 2 servings. Batch yield: 2 breakfast pots, each with half the fruit, skyr and crunch. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A useful detail

Skyr thickness varies by brand. Use plain spoonable skyr, not a sweetened drink; no extra liquid is needed.

Another way

Replace the pears with 300 g cored apples, cut into 1/2-inch/1.3 cm wedges; allow 25–30 minutes to roast.

Use 30 g pumpkin seeds instead of walnuts for a different crunch; the nutrition estimate will change.

Keep it well

Cool the fruit promptly and refrigerate the fruit and skyr at 40°F/4°C or below for up to 3 days. Refrigerate within 2 hours, or 1 hour above 90°F/32°C. Store the cooled oat-walnut mixture airtight and dry for up to 3 days. Carry dairy portions in an insulated bag with two cold sources.