

Pears

This juicy fruit makes for a "pearfect" snack!



Try it!
Similar to an apple, but a pear is less crisp and more buttery in texture as well as juicier.



Fun Facts:

- Pears ripen best off the tree, which is opposite of most fruit.
- There are over 3,000 varieties of pears!

Nutrition

Pears help you build strong bones by increasing absorption of calcium.

