

CARAMEL PEARS

Adapted from Kathleen Desmond Stang's recipe on myrecipes.com

This indulgent treat can be topped with a scoop of dairy-free ice cream.

Servings	Minutes	Protein
4	20	0.9g*

LET'S GET COOKING

1. Combine orange juice, brown sugar, ground cinnamon, and dash of ground cloves in a medium saucepan, and bring to a boil.
2. Reduce heat and simmer 5 minutes.
3. Add pears and cook until tender, about 10 minutes.
4. Pour the water and vanilla extract into the saucepan, cooking for 1 minute.
5. Serve warm.

INGREDIENTS

- 2/3 cup orange juice
- 6 tbsp brown sugar
- 1/4 tsp ground cinnamon
- Dash of ground cloves
- 4 peeled Bosc pears, cored and cut into 1-inch-thick wedges
- 4 tbsp water
- 2 tsp vanilla extract

EQUIPMENT

- Medium saucepan



*Protein is calculated per serving and is only an estimate.

Every patient with HT-1 is different. Talk to your doctor about what's appropriate for your specific medical and dietary needs.

Please see full Important Safety Information on the back and full Prescribing Information at orfadin.com/pdf/full-prescribing-information.pdf.



INDICATION AND USAGE

Orfadin® (nitisinone) is a synthetic reversible inhibitor of 4-hydroxyphenylpyruvate dioxygenase indicated for use as an adjunct to dietary restriction of tyrosine and phenylalanine in the treatment of hereditary tyrosinemia type 1 (HT-1).

IMPORTANT SAFETY INFORMATION

Tyrosine levels can increase in the blood if you do not restrict tyrosine and phenylalanine in your diet while taking Orfadin. Too much tyrosine in the blood can cause serious eye problems or other complications.

Do not adjust your Orfadin dosage in order to lower the tyrosine levels in the blood.

A reduction in the number of white cells and platelets in the blood have been observed during treatment with Orfadin. Your platelet and white blood cell counts should be monitored regularly during Orfadin treatment.

The most common adverse reactions to taking Orfadin are liver cancer, liver failure, low platelets or white cells in the blood, and complaints related to the eyes, including conjunctivitis, corneal opacity, inflammation of the cornea, and extreme sensitivity to light.

Tell your physician promptly if you have unexplained eye symptoms, rash, jaundice (yellowing of the skin or whites of the eyes) or excessive bleeding.

Use Orfadin during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing women should discontinue either Orfadin or breast-feeding based on the recommendation of your healthcare professional.

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