

Spiced Pear Bread

My mom and I put up our own pears, so I always have plenty on hand when I want to make this wonderful bread. It's so moist and tasty, you'll want to have a second slice.

Rachael Barefoot, Linden, Michigan

3 cans (15-1/4 ounces each) sliced pears, drained and mashed

1 cup sugar

1/4 cup unsweetened applesauce

1/4 cup canola oil

3 eggs

3-1/4 cups all-purpose flour

3 teaspoons ground cinnamon

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon ground cloves

1/2 teaspoon salt

1. In a large mixing bowl, combine the first five ingredients. Combine the flour, cinnamon, baking soda, baking powder, cloves and salt; gradually add to pear mixture and mix well.

2. Pour into four 5-3/4-in. x 3-in. x 2-in. loaf pans coated with cooking spray. Bake



at 350° for 50-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

LOW FAT **LOW SALT**

PREP/TOTAL TIME

Prep: 15 min.

Bake: 50 min. + cooling

YIELD: 4 mini loaves
(6 slices each)

NUTRITION FACTS

One serving
(1 slice) equals:

160 calories

3 g fat

Trace saturated fat

27 mg cholesterol

131 mg sodium

30 g carbohydrate

1 g fiber

3 g protein

DIABETIC EXCHANGE

2 starch