Pear Bread

Makes 12 servings

Ingredients

nonstick cooking spray
all-purpose flour (for preparing pan)
½ cup dark brown sugar
1 teaspoon ground cinnamon
½ cup unsalted butter, softened
⅔ cup sugar
2 large eggs
2 teaspoons vanilla extract
1 ½ cups all-purpose flour
½ cup 2% milk
3 large red pears, grated (do not peel), divided

Directions

1. Preheat oven to 350 F. Spray a 9-by-5-inch loaf pan with nonstick cooking spray, then lightly sprinkle with a small amount of flour. Set aside.
2. In a small bowl, combine brown sugar and cinnamon. Set aside.
3. In a large bowl, combine the butter and sugar. Mix with an electric mixer on high until creamy. Add eggs and vanilla. Mix well. Add flour. Mix well. Add milk. Mix well.

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DESSERT

Directions (continued)

4. Pour half of the batter in the prepared pan. Sprinkle half of the grated pears on top. Then sprinkle with half of the brown sugar-cinnamon mixture on top. Lightly press toppings into batter with a spatula.
5. Pour remaining batter over toppings. Then sprinkle remaining toppings over batter. Lightly press toppings into batter with a spatula.
6. Bake for 50 to 60 minutes or until a toothpick inserted into the center of the loaf comes out clean.
7. Allow to cool at room temperature. Slice and enjoy!

= low sodium

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Nutrition Facts

Serving Size 1 slice (120g)
Servings Per Container 12

Amount Per Serving

Calories 250	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 80mg	**3%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 2g	**8%**
Sugars 25g	
Protein 3g	

Vitamin A 6% • Vitamin C 4%
Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, egg
Carb choices per serving: 2