

Niagara Fruit Bread

Ripe Ontario pears give an incredible natural moistness to this aromatic fruit bread. Spread with cream cheese for breakfast, sandwich Havarti cheese between slices for a portable lunch, or simply serve with tea. An added bonus: This is a fast stir-together version -- no mixer needed.

2 large	Ontario pears, ripe
2 cups (500 ml)	all-purpose flour
2 tsp (10 ml)	baking powder
1 tsp (5 ml)	baking soda
1/2 tsp (2 ml) each	salt, cinnamon, nutmeg and allspice
1&1/2 tbsp (22 ml)	crystallized ginger, finely chopped
2/3 cup (150 ml)	granulated sugar
1/2 cup (125 ml)	butter, melted
2	eggs
1/3 cup (75 ml)	milk
1 tsp (5 ml)	vanilla

1. Oil or butter 9 x 5-inch (23 x 13 cm) loaf pan. Peel pears; coarsely grate and drain well.
2. In bowl, stir together flour, baking powder, soda, salt, cinnamon, nutmeg, allspice and ginger until evenly blended. Make a well in centre.
3. In medium bowl, whisk together sugar and butter; whisk in eggs until evenly blended. Whisk in milk and vanilla. Pour into flour mixture; stir until moistened.
4. Stir in 1 cup (250 ml) grated pears until evenly distributed. Pour into prepared pan and smooth top.
5. Bake in 350°F (180°C) oven 45 to 55 minutes or until cake tester inserted in centre comes out clean. Let cool in pan on rack 10 minutes. Turn out of pan and let cool completely on rack. Store well wrapped in refrigerator for up to 2 weeks or freeze. *Makes 16 slices.*

Nutritional Information per Serving (1 Slice)

Protein: 3.0 g Fat: 7.0 g Carbohydrates: 24.0 g Calories: 171

Recipe taken by permission from Foodland Ontario

http://www.foodland.gov.on.ca/conrecipe/pear/niagara_fruit_bread.htm