

SPICED PEAR AND RASPBERRY LOAF



INGREDIENTS

1 cup all purpose flour
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 teaspoon baking soda
1/4 teaspoon baking powder
1 teaspoon lemon zest
2 eggs
1/2 cup white sugar*
1/3 cup vegetable oil
1 teaspoon vanilla
2 pears peeled and grated
1 cup raspberries

To lower the carbohydrate contents you can use a sugar substitute such as **Splenda®*

PREPARATION

- 1** Preheat oven to 350° F (conventional oven).
- 2** Sift together dry ingredients: flour, spices, baking soda, baking powder, and add the lemon zest.
- 3** In a separate bowl, prepare egg mixture: whisk together eggs, sugar, oil, and vanilla.
- 4** Add dry ingredients to egg mixture and mix them together with a spoon.
- 5** Fold in the fruits.
- 6** Bake in a non-stick loaf pan for approximately 45 minutes or until loaf springs back when touched.

After cooling you can cut the loaf in slices, wrap slices in portions and freeze them for later use.

PREPARATION: 10 MINUTES

COOKING: 45 MINUTES

12 SERVINGS

Nutrient Analysis

PER SERVING 1/12

Renal exchange:

1 Starch

| | |
|---------------|----------------|
| Calories | 166Kcal |
| Protein | 2.6g |
| Carbohydrates | 23g |
| Fibre | 2g |
| Total Fat | 7g |
| Saturated Fat | 0.8g |
| Cholesterol | 32mg |
| Sodium | 125mg |
| Potassium | 74mg |
| Phosphorus | 32mg |