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Prevent and Protect
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LEMON-PEAR BREAKFAST BREAD

(Eating Well Magazine)

- ½ cup canola oil, plus 1 tablespoon for pan
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- Zest of 1 lemon
- 2 large eggs
- ½ cup honey
- 1 cup purchased pear puree
- 2 tablespoons poppy seeds
- 2 ripe pears, grated

1. Preheat oven to 350. Brush a 9"x4" loaf pan with oil; line with parchment paper.
2. In a medium bowl, whisk together flour, baking soda, baking powder, and salt.
3. In a small bowl, stir together ½ cup oil, lemon zest, eggs, honey, pear puree, and poppy seeds. Add to dry ingredients and mix until combined. Fold in grated pears.
4. Pour batter into prepared pan. Bake until bread is golden brown, slightly cracked on the surface, and a toothpick comes out clean, 75-85 minutes.
5. Remove from oven; let stand until completely cool, about 30 minutes, before serving.

Makes 1 loaf, about 8 servings.