

Carrot and Pear Bread

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Ingredients:

1/2 cup pecans
2 tsp white vinegar
A little less than 3/4 cup milk
3/4 # carrots (I used 3/4 of a 1 # package of baby carrots)
2 pears
1 stick butter, softened
1 cup brown sugar
2 large eggs, room temperature
1/4 cup maple syrup, room temperature
2 1/4 cups flour
2 tsp baking soda
1 tsp baking powder
1/2 tsp salt
2 tsp pumpkin pie spice
1/4 tsp cinnamon

Directions:

*Toast your pecans in a 350 degree oven for approximately 5 – 6 minutes. When you remove the pecans, leave the oven on.

*Put the vinegar into a 3/4 cup measuring cup. Fill the cup the rest of the way with milk. Set aside.

*Peel the carrots if not already peeled. Add to a food processor and grate.

*Core and peel the pear.

*Cream the butter and brown sugar. Beat in the eggs, milk mixture and maple syrup. Mix in the carrots.

*Add the pear and pecans to the food processor and pulse until coarsely chopped. Mix into the butter mixture.

*In a small bowl, whisk the flour, baking powder, baking soda, brown sugar, salt, pumpkin spice and cinnamon.

*Mix the wet ingredients into the dry ingredients just until incorporated. Don't over mix.

*Spray a loaf pan with non-stick spray. Pour the dough into the prepared pan. Bake for 60 – 70 minutes or until the center springs back to the touch.

*Cool for 10 minutes. Run knife around the edge and gently use it to lift bread from the bottom to loosen the bread. Remove from pan and allow to cool completely.