

Pear Dessert Cake



Serves	8-10
Prep time	15 minutes
Cook time	1 hour
Total time	1 hour, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 4 tablespoons buckwheat flour
- 4 Large eggs
- 1 cup syrup from tinned pears in syrup
- 1 cup caster sugar
- 8 tablespoons butter or Nuttelex
- 2 pears or 4 pear halves in syrup (sliced into wedges)
- 4 teaspoons baking powder

Directions

1. Preheat the oven to 180°C. Prepare a large tart pan or cake tin, e.g. 25cm diameter.
2. Sift all the dry ingredients together into a large bowl, adding the husks back in.
3. Add the eggs, syrup, sugar and butter and beat until well combined.
4. Pour the mixture into the prepared tin.
5. Place the sliced pears on top of the mixture.
6. Bake in the oven for 1 hour. Cover the cake with aluminium foil if the top starts to get too dark.
7. Allow to cool slightly in the pan then remove to a wire rack. Serve warm for dessert or cold as a snack.



Note

Low Chemical / Failsafe