

Pear and Vegetable Bread



Serves	16-20
Prep time	45 minutes
Cook time	45 minutes
Total time	1 hours, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch Box , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 2 Medium pears (peeled and chopped)
- 1 Small zucchini (peeled and chopped)
- 1 Small carrot (chopped)
- 1 1/2 cup plain white flour
- 1 1/2 cup plain wholemeal flour
- 1 teaspoon salt
- 1 1/2 teaspoon bicarbonate of soda
- 3 eggs
- 1 cup vanilla sugar (Refer to recipe)
- 1 cup sunflower oil

Optional

- 1/2 teaspoon cinnamon

Directions

1. Preheat the oven to 180°C and prepare two loaf tins or 16 mini loaf molds.
2. Place the pears, carrot and zucchini in a food processor and process until pureed. Drain out the excess liquid and set aside.
3. Sift together the dry ingredients, adding the husks back in. Set aside.
4. Beat the eggs together, then slowly beat in the oil.
5. Slowly add in the dry ingredients and mix until just combined. Stir in the pear mixture.
6. Divide into the loaf tins or molds and let stand for five minutes.
7. Bake for approximately 45 minutes for large loaves and 20 minutes for the mini ones.
8. Allow to cool in the pan for 10 minutes, then turn out onto a wire rack to cool completely.

Note

Moderate Salicylates, Low Glutamates, Low Amines

Cinnamon is very high in salicylates but we can tolerate small amounts in baking. If in doubt, it can be left out.

This recipe makes two large loaves or 16 mini loaves.

Refer here for the [Vanilla Sugar recipe](#).