

Strawberry, Pear and Vanilla Loaf

Serves: 12

Prep time: 30 minutes

Cook time: 70 minutes



½ serve per portion

Ingredients

400g strawberries, chopped
2 pears, cored and chopped
1 tablespoon caster sugar
1 ½ cups wholemeal plain flour
1 cup self-raising flour
1 teaspoon bicarb soda
1 teaspoon cinnamon
½ cup milk
⅓ cup olive oil
⅓ cup honey
2 eggs, lightly beaten
2 teaspoons vanilla extract
150g strawberries, extra, sliced
Icing sugar, to dust

Method

PREHEAT oven to 180°C. Line a 25cm loaf pan with 3 layers of baking paper, extending the paper 2cm above the edges of the pan.

PLACE strawberries, pears, sugar and 2 tablespoons of water in a saucepan. Cover, bring to the boil over high heat. Remove lid and reduce heat to medium-low.

SIMMER stirring occasionally for 10-15 minutes or until strawberries have softened and sauce thickens slightly. Set aside for 20 minutes to cool.

BLEND fruit mixture until smooth. Allow to cool completely.

SIFT flours, bicarb soda and cinnamon into a large bowl. Make a well in the centre.

ADD milk, oil, honey, eggs, vanilla and fruit mixture. Stir well to combine.

SPOON mixture into prepared pan and level the top.

ARRANGE slices of extra strawberries, overlapping to completely cover top of batter. Bake for around 1 hour 10 minutes, or until a skewer inserted into the centre of loaf comes out clean.

STAND in pan for 10 minutes. Transfer, top side up, onto wire rack lined with baking paper. Allow to cool completely.

SERVE dusted with icing sugar.



Discretionary Food

Recipe courtesy of Cynthia Daniels, Maleny Branch