



### **Spiced Pear-Pecan Quick Bread**

- 1 1/2 cups whole-wheat pastry flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 1/2 cup pecans, toasted and chopped
- 1/2 cup canola oil
- 1/4 cup buttermilk
- 1 egg
- 1 egg white
- 1 cup sugar
- 1 cup peeled, grated very ripe pear (about 2 large)
- 1 teaspoon pure vanilla
- 1/2 cup peeled, diced pear

Preheat oven to 350. Grease a loaf pan; set aside.

In a large bowl, whisk together the flour, salt, soda, powder, cinnamon, cardamom. In a small bowl, toss the pecans in about a tablespoon of the flour mixture; set aside.

In another large bowl, whisk together the oil, buttermilk, eggs, sugar, grated pear and vanilla. Stir the flour mixture into the pear mixture until just combined. Fold in the pecans and diced pear.

Pour the batter into the greased pan and bake for about 1 hour, until a tester inserted in the center of the loaf comes out clean.