



Makes 1 loaf
Preparation Time: 30 minutes
Cook Time: 1 hours 30 minutes

INGREDIENTS:

- 1 cup apple cider or juice
- 1 cup red wine or apple cider
- 2 cinnamon sticks
- 6 whole cloves
- 4 small fresh Bartlett pears (5 to 6 oz. each), peeled with stems left intact
- $\frac{1}{3}$ cup blackstrap molasses
- $\frac{1}{4}$ cup unsweetened applesauce
- 1 tablespoon flaxseed meal
- $1\frac{1}{4}$ cups white whole wheat flour
- 2 tablespoons pure cane sugar
- 2 teaspoons regular or sodium-free baking powder
- 1 teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{8}$ teaspoon ground cloves

[1 recipe Aquafaba Whipped Cream](#)

Gingerbread Loaf with Poached Pears

This is your favorite gingerbread with a surprise in the center—whole spiced poached pears! The absorbent fruits are soaked in a hot bath of apple cider, red wine, cinnamon, and cloves to infuse them with all the best holiday flavors. [Homemade Aquafaba Whipped Cream](#) creates a silky smooth topping that perfectly complements the sweet cake. Sprinkle everything with a little extra cinnamon and voilà, you have a restaurant-quality [dessert](#) for your winter feast!

By Nancy Macklin, RDN

- 1** In a large saucepan combine the first four ingredients (through cloves) and 1 cup water. Add pears. Bring to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until pears are nearly tender. Using a slotted spoon, transfer pears to a paper-towel-lined plate. Let cool and blot away any excess moisture.
- 2** Preheat oven to 350°F. Line a 9x5-inch loaf pan with parchment paper or use a silicone loaf pan. In a small bowl stir together molasses, applesauce, flaxseed meal, and $\frac{2}{3}$ cup water. Let rest 5 minutes. In a large bowl combine the next eight ingredients (through cloves). Add molasses mixture to flour mixture and stir just until moistened.
- 3** Place pears, stem ends up, evenly distributed down center of loaf pan. Carefully spoon gingerbread batter around pears, keeping pears in center of pan.
- 4** Bake 35 to 40 minutes or until a toothpick inserted in loaf comes out clean. Transfer pan to a wire rack; cool 15 minutes. Carefully remove loaf from pan. Cool completely on wire rack.
- 5** Cut loaf so each piece will have a slice of pear. If desired, serve with Aquafaba Whipped Cream and sprinkle with additional ground cinnamon.