

PREPARATION: 10 MINUTES | COOKING: 45 MINUTES | SERVINGS: 12

# SPICED PEAR AND RASPBERRY LOAF

## INGREDIENTS

1 cup all-purpose flour

½ teaspoon ground ginger

½ teaspoon ground nutmeg

1 teaspoon ground cinnamon

1 teaspoon baking soda

¼ teaspoon baking powder

1 teaspoon lemon zest

2 large eggs

½ cup white sugar\*

⅓ cup vegetable oil

1 teaspoon vanilla

2 pears, peeled and grated

1 cup raspberries

\* To lower the carbohydrate content you can use a sugar substitute which is suitable for baking.

## PREPARATION

- 1** Preheat oven to 350°F.
- 2** Sift together dry ingredients: flour, spices, baking soda, baking powder, and lemon zest.
- 3** In a separate bowl, prepare egg mixture: whisk together eggs, sugar, oil, and vanilla.
- 4** Add dry ingredients to egg mixture.
- 5** Fold in the fruits.
- 6** Pour into a non-stick loaf pan and bake for approximately 45 minutes or until loaf springs back when touched.

## SUGGESTION

- ✓ *After cooling you can cut the loaf in slices. Place them in freezer bags and freeze for later use.*



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## Nutrient Analysis

### PER SERVING

½ of recipe

### Renal/Diabetic exchanges:

1 ½ Starch+ 1 Fat

Calories	159Kcal
Protein	2g
Total Carbohydrate	22g
Fiber	2g
Sugars	11g
Fat	7g
Saturated	1g
Cholesterol	31mg
Sodium	128mg
Potassium	67mg
Phosphorus	36mg
Calcium	20mg
Iron	0mg
Magnesium	8mg
Vitamin C	4mg

## Diet Types

<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

## POTASSIUM CHECK

### Raspberries: Lower-Potassium Fruit

Raspberries are a delicious fruit with many health benefits and a diet staple during the summer months. Fortunately for those with chronic kidney disease (CKD) and potassium concerns, they are also lower in potassium than many other fruits. With only 186 milligrams of potassium per 1-cup serving, they can usually be enjoyed every day if desired. Ask your dietitian how much fruit is right for you.

Raspberries are also an excellent source of dietary fiber and disease fighting antioxidants. While other fruits typically contain 2-4 grams of fiber per serving, 1 cup of fresh raspberries contains 8 grams of fiber.

To fully enjoy the health benefits of raspberries, add them to your cereal or muffins, toss in a salad or enjoy them as a healthy snack or dessert. When it is no longer berry season, purchase unsweetened frozen raspberries so you may enjoy them year-round.

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