

## Ingredients

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- ½ cup desiccated coconut
- ¼ cup brown sugar
- 1 tsp baking powder
- ½ cup of tinned pears, drained and pureed
- ½ cup of dates, pureed
- 1 ¼ cups rice milk
- 100ml canola oil
- 1 ½ tbsp apple cider vinegar

## Method

1. Preheat the oven to 180°C and grease a 20cm loaf tin
2. In a large bowl place the flour, sugar, coconut, baking powder and stir through
3. In a separate bowl add the oil, milk and vinegar, pear, dates and whisk
4. Pour the milk mix into the flour mix and stir to combine
5. Pour mixture into loaf tin
6. Cook on 180°C for approximately 30 mins or until a skewer comes out clean
7. Cool on wire racks



Vegetarian



Dairy Free



Gluten Free



## Ingredients

- 2 ripe pears
- Coconut yoghurt

## Method

1. Peel and core pears and steam until soft

**Note:** If cooling and freezing use food safe cooling Practices (2hr/4hr Cooling Rule)

### Smooth Puree

Select the amount of each cooked ingredient you require and blitz with a food processor. Add a tablespoon of boiled water and keep blending until mix reaches the desired consistency.



### Lumpy Mash

Select the amount of each cooked ingredient you require and with a fork or masher, mash until desired texture is reached. Add boiled water if required.



### Finger Food

Offer spiced pear and date loaf sliced or broken into pieces.

