FRESH PEAR BREAD

Makes 1 loa

- **1 cup chopped fresh pears (about 2 medium)**
- **2 cups all-purpose flour**
- **1 teaspoon baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **⅓ cup shortening, butter or margarine**
- **1 cup granulated sugar**
- **1 egg**
- **⅓ cup orange juice**
- **1 tablespoon grated orange peel**
- **1 cup bran flakes**
- **¼ cup chopped nuts**
- **● Spicy Topping (recipe follows)**
- **6 fresh pear slices, for garnish**

Preheat oven to 350 degrees.

Spray a 9-by-5-inch loaf pan with nonstick cooking spray. Core pears, but do not peel. Chop and measure 1 cup.

Sift flour, baking powder, soda and salt. Cream shortening with sugar and egg. Add sifted dry ingredients and orange juice alternately to creamed mixture. Fold in chopped pears, orange peel, bran flakes and nuts.

Pour into prepared loaf pan. Sprinkle with Spicy Topping. Garnish with fresh pear slices.

Bake 45 to 50 minutes, or until a toothpick inserted in the loaf comes out clean.

Spicy Topping:

- **1 tablespoon butter or margarine**
- **3 tablespoons firmly packed brown sugar**
- **¼ teaspoon ground mace**
- **1 tablespoon all-purpose flour**

Blend together butter, brown sugar, mace and flour. Mix until crumbly. Use as directed.

Q: *I hope that you or your readers can locate this recipe for me. It was on the Home Show on ABC about five years ago. It is for brownies made with applesauce in place of butter or oil. It used cocoa powder instead of melted chocolate and was reasonably healthy and low-fat. The Home Show had a newsletter that they printed and distributed, so someone, somewhere should have this recipe.*

Thanks for your help. I always enjoy your column and others' "found" recipes. — S.H., Salem.

A: Maybe this will jog a reader's memory — one who saw the show or has the newsletter. In the meantime, this brownie recipe using applesauce in place of fat came from Mott's, the applesauce folks. Each serving has 120 calories, and only ½ gram of fat, a savings of 5¼ grams of fat over its traditional recipe.

A chocolate sauce forms as this bakes, which is to be spooned over a scoop of nonfat or low-fat frozen yogurt that's served on top, while the brownies are warm.