



early childhood community development centre

Pear Gingerbread Upside-Down Cake

Ingredients - makes 12 servings

For Topping

- ¼ cup butter, melted
- ½ cup packed brown sugar
- 1 can (20 oz) (pear halves, drained)

Cake

- ¼ cup butter, softened
- ½ cup packed brown sugar
- 2 eggs
- 1 cup applesauce
- ½ fancy molasses
- 1 ½ cups all-purpose flour
- 2 tsp ground ginger
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- ¼ tsp salt

Directions

Topping:

1. In a bowl, combine melted butter and brown sugar, spread on the bottom of baking pan
2. Lay pears on top of sugar, (cut-side up) slice any large pieces in half

Cake:

1. In a large bowl using an electric mixer, cream together butter and brown sugar
2. Add eggs and beat until light and fluffy
3. Blend in applesauce and molasses
4. In a separate bowl, combine flour, ginger, baking powder, baking soda, cinnamon, cloves, and salt
5. Stir into applesauce mixture
6. Spoon batter over pear topping
7. Bake in preheated oven for 45 to 50 minutes or until a cake tester inserted into the center comes out clean
8. Run a knife around the edges of the cake and immediately invert into a serving platter
9. Leave the pan on top of the inverted cake for 1 to 2 minutes to allow all of the topping to drop onto the cake

Source: Source: Dietitians of Canada: Great Food Fast By: Bev Callaghan, RD, and Lynn Roblin, RD
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