



Breakfast Pear Gingerbread Bars with Lemon Glaze

48 Servings

Portion: 1 bar each

Meal Component Crediting K-8, 9-12: 2 oz eq grain

Ingredients	Weight	Measure
Pears, Pacific Northwest, canned, sliced, extra light syrup, drained, syrup reserved*		1 no. 10 cans
Flour, whole wheat	1 lb 12 oz	1 lb 12 oz
Flour, all purpose	1 lb 12 oz	
Baking powder, double acting		¼ cup
Baking soda		2 tsp
Salt		2 tsp
Ginger, ground		3 Tbsp
Cinnamon		1 Tbsp
Cloves, ground		1 tsp
Sugar, brown, light, packed	1 lb 4 oz	
Eggs, whole large		8 eggs
Sugar, granulated	1 lb 4 oz	
Oil, canola		1 cup
Pear juice, reserved, extra light syrup		3 cups
Sugar, powdered		2 cups
Juice, lemon		1/2 cup

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

- Preheat oven to 350° F.
- Spray full size sheet pan with pan release.
- Drain pears and reserve syrup. Divide drained pears evenly. Set aside.
- In a large bowl, combine whole wheat flour, allpurpose flour, ½ can drained diced pears, baking powder, baking soda, salt, ginger, cinnamon, and cloves. Whisk until combined.
- In a large mixer bowl, using the flat paddle, combine brown sugar, eggs, granulated sugar, and oil. Beat until smooth.
- Add dry ingredients to the mixture in the mixer bowl, alternating with reserved pear syrup. Whisk ingredients just until combined. Do not overmix or gingerbread will be tough.
- Using a spatula, fold in remaining drained, diced pears.
- Pour 12 lb or 5 quarts of batter into each full-size prepared pan.
CCP: Cook to a minimum internal temperature of 135°F
- Bake for 35 minutes or until lightly browned. Cool in the pan on a rack.
CCP: No bare hand contact with ready to eat food.
- To prepare glaze, combine powdered sugar and lemon juice in a small bowl and whisk until smooth.
CCP: No bare hand contact with ready to eat food.



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

11. Cut each sheet pan of gingerbread 6 x 8 into 48

servings per pan. Drizzle 1 Tbsp lemon glaze over each square.
Serve with tongs or gloved hands.

Nutrients Per Serving

<i>Calories</i>	265
<i>Protein</i>	4 g
<i>Carbohydrate</i>	51 g
<i>Total Fat</i>	6 g
<i>Saturated Fat</i>	1 g
<i>Cholesterol</i>	31 mg
<i>Vitamin A</i>	48 IU
<i>Vitamin C</i>	1 mg
<i>Iron</i>	2 mg
<i>Calcium</i>	88 mg
<i>Sodium</i>	290 mg
<i>Dietary Fiber</i>	4 g