

# CHOCOLATE-CRANBERRY LOAF



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Chocolate-cranberry loaf, topped with poached pears, and sprinkled with icing sugar

For the cake: serves 8-10 depending on portion sizes

1 1/2 cups (210 g) all- purpose flour : 682.5 calories

14 tablespoons (70 g) unsweetened cocoa powder (I prefer Dutch-processed in this recipe, but made it with natural cocoa powder and it worked fine) : 159.6 calories

1/2 teaspoon kosher salt : 0 calories

1/2 teaspoon baking soda : 0 calories

1 cup (200 g) sugar : 774 calories

( I used Swerve artificial sweetener : 0 calories)

3/4 cup (168 g) sour cream, at room temperature : 341.3 calories

1/2 cup dried cranberries : 260 calories

1/2 cup (112 g) vegetable oil (I used olive oil) : 955 calories for olive oil

4 eggs (240 g out of shell)

at room temperature, beaten : 312 calories

3/4 cup (6 ounces) warm water (about 95°F)

Preheat your oven to 350°F. Grease a 9-inch round or square baking pan and set it aside. (I place a pan with water in the oven so baking does not dry out)

In a large bowl, place the flour, cocoa powder, salt, baking soda and sugar/ sweetener, and whisk to combine well. Create a well in the center of the dry ingredients and add the sour cream, oil, eggs and water, mixing to combine after each

addition. The batter should be very thickly pour-able. Add cranberries and mix through. Scrape the batter into the prepared pan, smooth into an even layer and place in the center of the preheated oven. Bake until a toothpick inserted in the center of the cake comes out mostly clean or with a few moist crumbs attached (about 30 minutes). Do not over bake. Remove from the oven and allow to cool for 10 minutes in the pan before inverting onto a wire rack to cool completely.

“Frosting”:

Top with 2 cups of cubed, peeled pears, poached in 1 tsp honey. Use 1/2 cup of water. Rough smash after poaching, and drain through a sieve. Let it sit on paper towel for about 30 mins.

Spread on loaf with a tsp of icing sugar sprinkled over. I tried to make an additional heart shape in the middle with mine, but it dissolved.

Pears : 184 calories

Icing sugar : 10 calories ( I used 2 tsp ... the person eating the slice where the “heart” was supposed to be, is going to get one mouthful of sweet)

Total calories with sugar : 3,678.4 for whole loaf

Total calories with sweetener : 2904.4 for whole loaf

(there are actually natural sugar replacements on market that do not give you that after-taste. In N America, “ Swerve” is one of them, and you can adjust it per taste as it is pretty sweet)

Calories per serving (depending on size):( this is calculated for 10 ppl) : 367.85 with sugar 290.44 with sweetener

\* Add additional 20 calories per version if you poached pears with 1 tsp honey in the water.

Recipe posted by Annie Goussard Newton

Photo: Annie Goussard Newton