BERRY BREAD PUDDING

SERVES 12

INGREDIENTS

8 cups of bread, cubed or torn into 1 ½ inch pieces
4 cups mixed berries (blackberry, raspberry, strawberry, or blueberry)
8 eggs
3/4 cup sugar
3 cups milk (reconstituted dry milk or UHT milk)
1 tablespoon vanilla
1 teaspoon cinnamon
1/4 teaspoon nutmeg
Powdered sugar for dusting (optional)

DIRECTIONS

1. Preheat oven to 375°F. Grease 8 by 11 inch pan.
2. In large bowl, toss the bread cubes with the berries to distribute evenly. Place in pan, pressing with hand if necessary to fit.
3. In another bowl, beat the eggs with a whisk or electric mixer on low speed until frothy.
4. Add sugar and beat until well blended.
5. Add milk, vanilla, cinnamon, and nutmeg, and continue beating on low speed until well blended.
6. Pour egg mixture over the bread and berries, pressing bread gently to come in contact with egg mixture.
7. Bake for 30 to 35 minutes, or until a cake tester or toothpick placed in the center comes out clean.
8. Remove from the oven and allow to cool.
9. Just before serving, dust each top with powdered sugar, if desired.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 8/2014)

NUTRITION INFORMATION:

Calories: 220
Fat: 6 grams (g)
Saturated Fat: 0 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 10 milligrams (mg)
Carbohydrates: 35 grams (g)
Dietary Fiber: 2 grams (g)
Protein: 6 grams (g)
Sodium: 310 milligrams (mg)