

BLUEBERRY BREAD PUDDING



INGREDIENTS

1 lb	Bread (cubed)
2 cups	Blueberries (frozen)
1 1/2 qt	Egg substitute
2 qt	Skim milk
2 Tbs	Vanilla extract
1 1/2 cup	Sugar
1/2 cup	Orange juice concentrate
1 Tbs	Orange zest
12 oz	Whipped topping

INSTRUCTIONS

1. In a large bowl, combine eggs, milk, vanilla, orange concentrate, zest and sugar and mix well.
2. Add bread cubes and allow to soak in egg mixture.
3. Fold in blueberries. Do not over-mix.
4. Pour mixture into well-oiled two inch hotel pan.
5. Bake at 300°F for 40 minutes or until mixture is set.
6. Cool and divide into portions.
7. For each individual portion, serve in large tulip bowl garnished with whipped topping.

Presentation Idea: Garnish with a mint leaf.

NUTRITION

Calories:	90
Sodium:	105 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	10%



Number of Servings: 24 (85 g per serving)

Recipe courtesy of Southern Maine Health Care