

# CHOCOLATE CHERRY BREAD PUDDING

Chocolate Cherry Bread Pudding

*Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 9 (Serving = 1 piece)*

## Nutrition (per serving)

Total Fat: 4 g	Calories: 174
Saturated Fat: 1 g	Total Sugars: 14 g
Sodium: 195 mg	Protein: 7 g
Total Carbohydrate: 31	
Dietary Fiber: 4 g	

## Ingredients

- $\frac{3}{4}$  cup fat-free milk
- $\frac{3}{4}$  cup fat-free half-and-half
- $\frac{1}{4}$  cup baking cocoa
- $\frac{1}{2}$  cup egg substitute
- $\frac{1}{4}$  cup Splenda® brown sugar blend
- $\frac{1}{4}$  cup sugar-free maple syrup
- 1 teaspoon pure vanilla extract
- 5 cups cubed day-old (or toasted) 100% whole wheat bread
- 1-12 ounce bag frozen dark sweet cherries, chopped
- Cooking spray
- $\frac{1}{4}$  cup chopped dark chocolate (70% cacao or more)

## Directions

1. Preheat oven to 350°F.
2. In a large bowl, whisk together milk, half-and-half, cocoa, egg substitute, Splenda®, syrup, and vanilla. Add the bread cubes and stir to coat.
3. Let mixture sit for 10 minutes to allow the bread to soak. Fold in the cherries gently, then spread into an 8 x 8" pan that has been coated with cooking spray.
4. Sprinkle the top evenly with chopped chocolate. Bake uncovered for 50-60 minutes or until all liquid is absorbed.
5. Let cool at least 30 minutes before cutting. Serve warm or cold.