

PUMPKIN APPLE BREAD PUDDING

Pumpkin Apple Bread Pudding

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1 piece)

Nutrition (per serving)

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|--------------------|------------------------|
| Calories: 183 | Total Carbohydrate: 32 |
| Total Fat: 2 g | Dietary Fiber: 4 g |
| Saturated Fat: 1 g | Total Sugars: 17 g |
| Sodium: 242 mg | Protein: 9 g |

Ingredients

- 10 slices 100% whole wheat bread, cubed (choose gluten free bread for GF version)
- 2 cups diced apple
- 1 - 15 ounce can 100% pure pumpkin
- 1 ½ cups egg substitute
- 1 cup skim milk
- 1 - 5 ounce can evaporated skim milk
- 1/3 cup Splenda® brown sugar blend
- 1 ½ teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- Nonstick cooking spray
- 1 1/3 cup lite whipped topping

Directions

1. In a large bowl, combine bread cubes and apples.
2. In another large bowl, whisk together pumpkin, egg substitute, skim milk, evaporated milk, brown sugar, pumpkin pie spice, vanilla extract, and salt.
3. Pour mixture over bread cubes and apples and stir to combine.
4. Cover and refrigerate for several hours to allow liquid to soak into bread.
5. Preheat oven to 350° F.
6. Spray bottom and sides of a 9 x 13" baking dish with nonstick spray.
7. Pour bread pudding mixture into baking dish and bake uncovered until the pumpkin mixture is set and a toothpick inserted into the center out clean, about 45 minutes.
8. Top with whipped topping.