

PUMPKIN BREAD PUDDING

By: Samantha
Keene State College Dietetic Intern



Ingredients

- 1 Large French Bread Loaf
- 1/4 Cup Raisins
- 15-Oz Can Pumpkin Puree
- 1 Cup Packed Brown Sugar
- 2 Large Eggs
- 1 1/2 Teaspoon Pumpkin Pie Spice
- 1 1/2 Teaspoon Cinnamon
- 1 1/2 Teaspoon Vanilla
- 2 Cups Milk

Directions

1. Preheat oven to 350 degrees F.
2. Cut bread into 1-inch chunks. Place the chunks in a large glass casserole dish that has been coated in non-stick spray. Sprinkle with raisins.
3. In a bowl combine pumpkin puree, eggs, brown sugar, cinnamon, pumpkin pie spice, and vanilla. Stir until evenly combined. Whisk in milk.
4. Pour the pumpkin mixture over the bread cubes and give it a gentle stir to coat the cubes. Let the bread cubes soak in the mixture.
5. Bake the bread pudding for 40-45 minutes or until the center has set (poke with a toothpick, it should come out clean). Serve as is or with maple syrup, whipped cream, yogurt, or caramel sauce!

Nutrition Fun Facts

Pumpkin is a great addition to food because it is packed with vitamin A (for your eyesight), vitamin C (to help fight off illnesses) potassium (to help regulate your blood pressure), manganese (to help reduce inflammation), and more!