

Berry Bread Pudding

Yield: 2 servings

INGREDIENTS

1 1/2 cups unsweetened, frozen berries, thawed, undrained (or fresh) (blueberries, sliced strawberries or raspberries)

1/2 teaspoon sugar (optional)

1/2 teaspoon vanilla extract or almond extract (optional)

1 or 5 slices whole wheat bread, crusts removed

Vanilla yogurt (optional)

INSTRUCTIONS

1. In a small bowl, combine the thawed berries, sugar and/or vanilla extract.
2. Spoon 1/4 cup of the berry mixture to cover the bottom of a 2 cup deep dish.
3. Cover the berry mixture with a layer of bread.
4. Spoon 1/3 of remaining berry mixture on top of the bread.
5. Cover with another layer of bread.
6. Repeat steps 4 and 5 twice, ending with a layer of bread.
7. Cover the dish with plastic wrap and place a plate or bowl on top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
8. Refrigerate overnight checking the dish occasionally to be sure juice does not spill. If it does, you may need to replace the heavy object with a lighter one.
9. Serve with a dollop of vanilla yogurt. Note: In summer, fresh berries can be used.

NOTES

Serving Size: 1 cup

Nutrition Facts per Serving:

Calories 180

Total fat 2.5g

Saturated fat 0.5g

Sodium 300mg

Protein 6g

Source: SNAP-Ed Connection