

Chocolate-Pear Bread Pudding

Preparation time	15 minutes
Cooking time	70 minutes
Servings	16
Cost per serving	48¢
Storage	4 days in the fridge. Can be frozen.
Kitchen tools	Cutting board, sharp knife, measuring cups and spoons, wooden spoon, vegetable peeler or small sharp knife, 8-inch square baking dish, parchment paper (or oil), 2 large bowls



Ingredients



15 slices of sliced bread (600-625 g) torn into pieces



500 ml (2 cups) milk (divided: 250 ml [1 cup] + 250 ml [1 cup])



125 ml (½ cup) plain yogurt



125 ml (½ cup) brown sugar



10 ml (2 tsp) vanilla

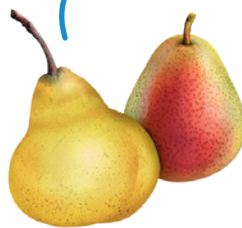
YOU CAN USE DRY BREAD, OR HALF WHITE BREAD AND HALF WHOLE-WHEAT BREAD

OR PEACHES, APPLES OR PLUMS

OR RAISINS OR DRIED CRANBERRIES, CHOPPED



3 eggs



2 ripe pears, peeled and diced



80 ml (⅓ cup) chocolate chips

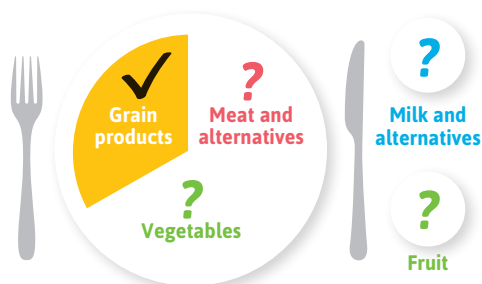


1 pinch salt



10 ml (2 tsp) sugar

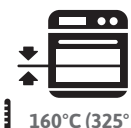








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Balanced plate

✓ Delicious served with a glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position and preheat the oven to 160 °C (325 °F). Oil an 8-inch square baking dish or cover with parchment paper.	  160°C (325°F)
2	In a large bowl, add the bread and pour half of the milk (250 ml / 1 cup) over the top. Set aside.	
3	In another large bowl, mix the other half of the milk (250 ml / 1 cup) with the yogurt, brown sugar, vanilla, eggs, pears, chocolate chips and salt .	
4	Pour this mixture over the bread and stir thoroughly.	
5	Pour the preparation into the baking dish, sprinkle the sugar on top and bake for 70 minutes, or until the centre is firm.	 
6	Allow to cool before removing the pudding from the baking dish. Cut into 16 cubes (4 x 4).	 

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition