

Chocolate-Pear Bread Pudding

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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 (1/2 cup) brown sugar

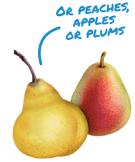


10 ml (2 tsp) vanilla

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



3 eggs



2 ripe **pears**, peeled and diced



80 ml (1/3 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

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.





In a large bowl, add the **bread** and pour **half of the milk** (250 ml / 1 cup) over the top. Set aside.



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.



Pour the preparation into the baking dish, sprinkle the **sugar** on top and bake for 70 minutes, or until the centre is firm.





Allow to cool before removing the pudding from the baking dish. Cut into 16 cubes (4×4) .





My rating: * *

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







