

Pumpkin Bread Pudding

Moist pumpkin and rich chocolate make an outrageous dessert pair. Pumpkin has tons of beta carotene, an important antioxidant and the chocolate has flavenoids which also boost the levels of antioxidants in this bread pudding.

Serves 4-6

Ingredients

5 cups day-old cubed challah, brioche or whole-wheat baguette
1 12-ounce can evaporated milk
1/2 cup packed brown sugar, light or dark
2 eggs
2 teaspoons vanilla extract
1 teaspoon pumpkin pie spice
1/4 teaspoon ground clove
1/4 teaspoon salt
1 15-ounce can pure pumpkin
1 cup bittersweet chocolate chips
Non-stick cooking spray

Directions

In a large bowl, whisk the milk, sugar, eggs, vanilla, spices and salt. Add the bread cubes and stir. Set aside and allow to soak for 4-5 minutes or until most of the liquid is absorbed by the bread.

Meanwhile, preheat the oven to 350 F and coat an 8-inch square baking dish or 5-quart round Dutch oven with cooking spray.

Gently fold in the pumpkin and chocolate chips. Transfer the mixture to the baking dish and cover with foil. Bake 35 minutes or until mixture is slightly firm. Remove foil and continue to bake an additional 10-15 minutes until the chips are melted and the top has darkened slightly.

Make It a Meal

Serve with Meatloaf or Hungarian Goulash

Wine Pairing

Riesling, Gewürztraminer, Sauvignon Blanc

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