

# Berry Bread Pudding

Serving Size: 1 cup

Yield: 2 servings

## Ingredients:

1½ cups unsweetened, frozen berries, thawed, undrained (or fresh)  
(blueberries, sliced strawberries, or raspberries)

½ teaspoon sugar (optional)

½ teaspoon vanilla extract or almond extract (optional)

4 or 5 slices whole wheat bread, crusts removed






Vanilla yogurt (optional)

## Preparation:

1. In a small bowl, combine the thawed berries, sugar and/or vanilla extract.
2. Spoon ¼ 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 ⅓ 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. (Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.)
9. Serve with a dollop of vanilla yogurt.

**Note:** In summer fresh berries can be used.

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	2 oz
	Vegetables	--
	Fruits	¼ c
	Dairy	--
	Protein	--

Nutrient Totals	
Per Serving:	
Calories	180
Total Fat	2.5 g
Saturated Fat	0.5 g
Sodium	300 mg
Protein	6 g