

UCI Susan Samueli Integrative Health Institute



From the Kitchen of Executive Chef Jessica VanRoo

Pumpkin Bread Pudding (GF)

Serves 4

Ingredients

- ½ cup plus 2 tablespoons milk of choice
- 2 tablespoons brown sugar
- 2 tablespoons maple syrup
- 2 eggs
- ½ 15-ounce can of pumpkin, ¾ cup
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cardamom
- 1/8 teaspoon grated nutmeg
- · Pinch of salt
- ¼ cup chocolate chips
- 4 oz bread like gluten-free challah, brioche, or sourdough, cubed, dried in oven/stale (4 cups)

Instructions

- 1. Preheat your oven to 350 degrees.
- 2. Whisk the milk, sugar, maple, eggs, pumpkin, spices, and salt in a large bowl.
- 3. Add the bread cubes and chocolate chips into the bowl and stir carefully. Coat a 6" round or 4 8-oz ramekins and fill with bread pudding. Allow the bread pudding to soak for at least 20 minutes and up to 24 hours.
- 4. Preheat your oven to 350 degrees and bake for 20-35 minutes, depending on size.

^{*}To serve: ice cream, whipped cream