



Vegan Bread Pudding (PKU Friendly)

This bread pudding is a great dessert for those that need to follow a low protein diet!

<u>U.S.</u>		<u>Metric</u>	<u>Phe (mg)</u>	<u>Pro (g)</u>
1 lb	Loprofin Bread, cubed, stale	0.45 kg		
3 cups	So Delicious Coconut Milk, unsweetened	710mL		
1/2 cup	Brown Sugar, packed	100g		
1 Tbsp	Coconut Oil	15mL		
1 tsp	Vanilla Extract	5mL		
1/2 tsp	Cinnamon, ground	0.7g		
1/2 tsp	Nutmeg, ground	0.7g		
1/8 tsp	Kosher Salt	0.75g		
1 medium	Green Apple, shredded	1 medium		
1/4 cup	Raisins	38g		

Protein per recipe:
Phe per recipe:

Protein per serving:
Phe per serving:

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Place the cubes of bread into a large mixing bowl and set aside. If your bread is fresh, spread cubes onto a baking sheet and bake for 5-15 minutes, until they are mostly dried out.
4. Add the coconut milk, brown sugar, coconut oil, vanilla, cinnamon, and nutmeg to a blender and blend until smooth and well combined.
5. Add the shredded apple, raisins, and bread to the coconut milk mixture. Mix to combine, and allow to sit for 10 minutes.
6. Prepare 9, 4-ounce ceramic baking ramekins by spraying with nonstick baking spray. You may also use a 9x9 baking dish.
7. Divide the pudding mixture evenly between the ramekins, if using.
8. Press down the top of each bread pudding to ensure the top is an even layer and no bread cubes are sticking up too much. This will prevent the top from drying out.
9. Place the ramekins in a large baking dish (9x13 works), and cover the entire baking dish with tin foil.
10. Bake for 20 minutes, then remove the tin foil and bake for an additional 10 minutes.

To Prepare the Bread:

1. Preheat oven to 425°F (220°C).
2. In a bowl, stir together the Loprofin Baking Mix, included yeast packet, and 1/2 tsp salt.
3. Using an electric mixer, beat in 2 Tbsp oil and 14oz warm water for 2 minutes on slow speed, then two minutes on medium until batter is smooth. Alternatively, beat together with a wooden spoon for 5 minutes.
4. Divide mixture between 2 loaf pans. Cover with plastic wrap and place in a warm place for 30 minutes.
5. Remove plastic wrap and bake for 30 minutes. Cool on a wire rack when done.

****Nutrition Facts on Reverse**

Nutrition Facts

9 Servings

Serving size **1 ramekin**

Amount per serving

Calories **120**

Calories from Fat 40

Total Fat 4.5 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated 1 g

Cholesterol 0 mg

Sodium 95 mg

Total Carbohydrate 20 g

 Dietary Fiber 1 g

 Total Sugars 16 g

 Includes 12g Added Sugars

Protein 0 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 86 mg

Phosphorus 6 mg
