

LOWER CARB BREAD PUDDING

Source: Panera Bread (panerabread.com)

Cook/Prep Time: about 2 hours

INGREDIENTS:

7 slices Panera lower-carb Golden Original bread, crusts removed and cut into
3/4" cubes (2 /12 C)

1 C heavy cream

1 C water

1 tsp vanilla

1 tsp cinnamon

7 large eggs

1/2 C granular sugar substitute (e.g., Equal)

1/2 tsp freshly grated nutmeg

Topping:

1 C whipping cream

1/2 tsp vanilla

2 tsp granular sugar substitute (e.g., Equal) or more

DIRECTIONS:

Pre-heat oven to 350° F - in saucepan, bring heavy cream, 1 tsp vanilla, water + cinnamon to boil over medium heat, stirring constantly – remove from heat – let cool 10 minutes.

Whisk eggs + Equal in large bowl – whisk cooled cream mixture into egg mixture – add bread cubes – let sit 15 minutes to absorb liquid – pour into buttered 9x9" baking dish or medium soufflé dish – put bread pudding dish inside large pan with hot water half-way up sides of pudding dish – bake 55-65 minutes till pudding is set in the middle – cool 40 minutes on baking rack – serve warm or cold – sprinkle with grated nutmeg - top with whipping cream flavored with vanilla + Equal.