

METABOLIC NUTRITION PROGRAM

Chocolate-Pumpkin Bread Pudding – 13 Servings

Adapted from Chloe Coscarelli at <http://www.nytimes.com>

Serving Size: 1 piece (3" by 3")

Per Serving: 166 Calories, 1.8 gm Protein, 6 gm Fat, 29 gm Carbohydrates

- 1 cup almond milk, unsweetened
- 1 15-ounce can pumpkin
- ½ cup maple syrup
- ½ teaspoon salt
- 1 ½ teaspoons cinnamon
- 1 ½ teaspoons nutmeg
- ½ teaspoon ginger
- ½ teaspoon cloves
- 10 cups cubed day-old bread (8 oz Ener-G Foods Light White Rice Loaf)
- ¾ cup semisweet chocolate chips
- 2 tablespoons brown sugar

Directions

1. Preheat oven to 350 degrees. Grease a 9" x 13" rectangular baking dish.
2. In a blender, process almond milk, pumpkin, brown sugar, salt and spices until smooth.
3. In a large bowl, toss the bread cubes with the pumpkin mixture from blender and chocolate chips until each bread cube is coated.
4. Fill the baking dish with the mixture and lightly press it down with the back of a spoon. Evenly sprinkle about 2 tablespoons brown sugar over the top.
5. Bake for 25 to 30 minutes, until top is lightly browned.
6. Let the pudding cool a few minutes before serving. Cut into 13 equal portions (each about 3" x 3"). Serve warm.

Nutrition Facts	
Serving Size (96g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 2g	
Vitamin A 100% • Vitamin C 2%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	