



Recipe from: [My Catholic Tradition](#)

Bread Pudding with Caramelized Pears
Serves 8

6 slices whole wheat sandwich bread
2 tbsp butter, softened
4 eggs
2/3 cup granulated sugar, divided
2 tsp vanilla
2 cups hot, low-fat milk
4 pears, peeled, cored and sliced
1/2 tsp freshly grated nutmeg
1/3 cup raisins
1/4 cup sliced, blanched almonds

Preheat oven to 350°F 8-cup baking dish, sprayed. Shallow roasting pan

Trim the crusts from the bread.
Butter one side of each bread slice.
Cut into 4 triangles each.
Layer in prepared baking dish, overlapping the triangles.

In a large bowl, whisk together eggs, 1/3 cup of the sugar and vanilla.
Whisk in the hot milk in a stream, stirring constantly.
Pour over the bread.

In a large nonstick skillet over medium heat, cook the remaining sugar and 2 tbsp water, stirring occasionally, until mixture turns a deep caramel color.
Immediately add the pears and nutmeg (be careful of spatters).
Cook, stirring often, for 5 minutes or until the pears are tender and the sauce is smooth.
Stir in the raisins; spoon evenly over the bread slices.
Sprinkle the almonds over top.

Place the baking dish in roasting pan.
Add enough boiling water to reach halfway up sides of dish.
Bake for 40 to 45 minutes or until custard is set in center.
Remove from the water bath; place on rack to cool.