



## **Fresh Chilean Blueberry Bread Pudding with Lemon Custard Sauce**

### INGREDIENTS

2 cups whole milk  
6 eggs  
1-1/4 cups sugar  
2 tsp. vanilla  
1/2 tsp. cinnamon  
1/4 tsp. salt  
6 cups French bread cut into 2-inch squares, crusts on  
1-1/2 cups fresh blueberries  
3 Tbsp. butter

### LEMON CUSTARD SAUCE

2 cups half and half  
zest of 1 lemon  
1/2 cup sugar  
1 tsp. vanilla  
2 eggs



### INSTRUCTIONS

**Bread Pudding:** In large mixing bowl whisk together milk, eggs, sugar, vanilla, cinnamon and salt. Add bread cubes. Let sit for 30 minutes to 2 hours. Add blueberries. Pour mixture into a buttered 9 x 9-inch ovenproof dish. Top with bits of remaining butter.

Bake in a preheated 350°F oven for 45-55 minutes or until set. Let bread pudding cool 15 minutes. Serve warm or room temperature.

**Lemon Custard Sauce:** Place half and half and lemon zest in a small saucepan. Cook at low heat just until it begins to steam. In a mixing bowl add sugar and vanilla to eggs. Whisk until thick. Slowly stir in about 1/3 cup of warm half and half to the egg mixture. Then slowly add the egg mixture into the saucepan with remaining half and half. Cook on low heat for about 10 minutes until the mixture thickens. Whisk often. Serve as a side or drizzled on bread pudding.

SERVES 9

### NUTRIENTS PER SERVING (with sauce)

548 calories, 18 gms fat, 162 calories from fat, 9 gms saturated fat, 223 mg cholesterol, 613 mg sodium, 17 gms protein and 3 gms dietary fiber

*Recipe from the Chilean Fresh Fruit Association*



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