



## **Cinnamon Latte Bread Pudding**

A delicious functional foods twist on a traditional dessert. For extra flavour and health benefits, serve it with pear slices that have been oven-roasted, or gently sautéed in a bit of butter, until they just begin to caramelize.

750 mL (3 cups) Natrel Fine-filtered 2% milk  
50 mL (1/4 cup) butter  
10 mL (2 tsp) cinnamon  
10 mL (2 tsp) instant-coffee granules  
75 mL (1/3 cup) sugar  
Pinch salt  
8 slices Dempster's Smart™ 100% Whole Grain Wheat Bread  
3 Naturegg Omega 3 eggs

Preheat oven to 180 C (350 F). In a small saucepan over low heat, warm together the milk, butter, cinnamon, instant coffee, sugar and salt until butter melts. Break bread into large chunks and place in a buttered 20-cm (8-inch) square baking dish. Pour warm milk mixture over the bread and let it sit for a few minutes, ensuring all bread pieces are submerged in liquid. In a small bowl, lightly beat the eggs and stir them into the bread mixture. If desired, lightly sprinkle a bit more cinnamon and sugar on top. Set the baking dish in a larger baking pan and pour hot water into the larger pan so it comes about halfway up the sides of the baking dish. Bake 45 minutes or until a knife inserted comes out clean. Do not over-bake. If extra browning on top is desired, place under the broiler briefly. Let cool slightly before serving. Serves 6.