



FEATURE RECIPE

HONEY PECAN WHITE BEAN BREAD PUDDING

Buttery and smooth, the white beans make this bread pudding extra custardy and delightful. Enjoy the same day or prepare in advance; this recipe reheats beautifully.

Yield: 9" round pan, 10 servings

Prep Time: 10 minutes + soak time

Cook Time: 40 minutes

Ingredients

- 1 Tbsp (15 mL) unsalted butter for greasing pan
- 1/2 loaf of day-old whole grain bread, or favourite bread, cubed (approx. 6 cups, lightly packed)
- 1/2 cup (125 mL) golden raisins, reserve some for garnish on top
- 1/2 cup (125 mL) chopped pecans, reserve some for garnish on top
- 2 Tbsp (30 mL) unsalted butter, melted
- 2 cups (500 mL) 1% milk, or preferred milk
- 1 cup (250 mL) cooked or canned white beans, drained & rinsed (see tips)
- 1/4 cup (60 mL) brown sugar
- 1/4 cup (60 mL) honey
- 3 whole large eggs, beaten
- 2 tsp (10 mL) vanilla extract
- 1 1/2 tsp (7 mL) ground cinnamon
- pinch sea salt

Directions

1. Grease a 9" (23 cm) round baking dish that holds about 6 cups (1.5 L), with 1 Tbsp (15 mL) butter.
2. Place the cubed bread, raisins, and pecans in a large bowl.
3. Place remaining 9 ingredients in blender and process until smooth.
4. Pour bean purée over the bread mixture ensuring all the bread is soaked. Transfer to the prepared baking dish, garnish with remaining raisins and pecans, and allow to sit for 1/2 hour, or overnight to allow the bread to fully hydrate.
5. Bake for 35-40 minutes at 350°F (180°C) until edges and top are lightly golden, and the bread pudding is set. Remove from oven and drizzle with additional honey, if preferred.
6. Enjoy as is, or top with your favourite yogurt or whipped cream and fresh fruit.

Tips

- White beans include Great Northern, white kidney and cannellini beans. You can also use cooked pinto beans, yellow split peas or red lentils.
- The raisins can be substituted with your favourite dried or fresh fruit.
- The pecans can be substituted with your other favourite nuts or seeds.
- The sweetness level can be adjusted based on preference.
- This recipe can be prepared the night before and baked the following day.

Nutrients per Serving (1/10th of recipe)

270 Calories	23 g Sugars
10 g Fat	9 g Protein
2.5 g Saturated Fat	200 mg Sodium
60 mg Cholesterol	250 mg Potassium
39 g Carbohydrate	10 mcg Folate
4 g Fibre	2 mg Iron



