

Berry Bread Pudding

Ingredients:

- 1 1/2 cups frozen strawberries, thawed
- 1/2 teaspoon sugar
- 1/2 teaspoon vanilla extract
- 4 whole wheat bread slices
- 6 ounces vanilla yogurt, low-fat

Equipment:

- Mixing bowl
- Two bowls, one able to fit inside the other
- Measuring spoons

Number of Servings: 2
 Prep Time: 15 minutes
 Total time: Overnight

Directions

1. In a small bowl, combine thawed berries, sugar and vanilla extract
2. Find two small glass bowls with one being able to fit inside the other. In the larger bowl, spoon 1/4 of berry mixture in bowl.
3. Layer a slice of bread on top, repeat layers.
4. Cover the dish with plastic wrap and place smaller bowl on top of the berry dish.
5. Place a heavy object on top of stack to press down on berry mixture. Refrigerate overnight. Serve the next morning with a dollop of vanilla yogurt.

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Nutrition Facts

Serving Size: 2 slices with berries	
Servings: 2	
Amount Per Serving	
Calories 367	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	6%
Cholesterol 4mg	1%
Sodium 353mg	15%
Total Carbohydrate 79g	26%
Dietary Fiber 7g	30%
Protein 11g	21%
Vitamin A 2%	Vitamin C 127%
Iron 15%	Calcium 21%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

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