

## **Cherry Chocolate Bread Pudding**

From the American Institute for Cancer Research (AICR)  
<http://www.aicr.org/foods-that-fight-cancer/cherries.html#recipes>

### **Ingredients**

- ¾ cup dried tart or sweet cherries
- ¾ cup apple juice or water
- 8 slices whole-wheat bread
- ¼ cup unsweetened Dutch-processed cocoa powder
- ½ cup firmly packed brown sugar
- ¼ tsp. salt
- 2 ½ cups refrigerated plain coconut milk, divided
- 2 large eggs
- 3 large egg whites
- 2 tsp. vanilla extract
- Canola oil cooking spray
- ¼ cup dark chocolate chips, at least 60% cocoa
- 2 Tbs. sliced almonds

### **Instructions**

1. In small bowl, soak cherries in apple juice or water to plump. Drain well, set aside.
2. Stack bread slices and cut off crust. Cut bread into ½-inch cubes, making about 7 cups.
3. In large bowl, combine cocoa, sugar, and salt. Add 1/3 cup of coconut milk, and whisk until smooth. Mix in remaining milk. Add eggs, whites, and vanilla – whisk well. Add cubed bread and drained cherries, mixing gently until all bread is moistened. Soak mixture for 30-60 min.
4. Preheat oven to 350 degrees F.
5. Coat 9-inch square baking dish with cooking spray. Stir mixture again to evenly distribute cherries. Spread into prepared pan. Sprinkle on chocolate chips and almonds.
6. Bake until knife in center comes out clean, 40-45 minutes. Cool on rack until just warm.
7. Cut into 12 pieces and serve. Cool completely and cover with plastic wrap to refrigerate.

*Makes 12 servings*

### **Nutrition information per serving:**

Calories	176
Carbohydrate	31 g
Dietary Fiber	3 g
Protein	5 g
Total Fat	4 g
Saturated Fat	2 g
Sodium	232 mg

