

# Blueberry (or Peach) Breakfast Pudding

## Ingredients

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1 large egg  
1/3 c brown sugar, packed  
1 c skim milk  
1 t ground cinnamon  
1 t grated lemon rind  
1 pn ground nutmeg  
1 t vanilla extract  
6 sli bread  
2 c blueberries  
1/2 c vanilla yogurt

## Instructions

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In a large bowl (I use an 8-cup tupperware pitcher that fits nicely in the fridge overnight), whisk the egg and brown sugar until blended. Add milk, cinnamon, lemon rind, nutmeg, and vanilla. Mix well. Tear the bread (whatever you have on hand&nbsp;; (OK, I do not use herb bread) -&nbsp;;whole wheat is very good) into pieces into the mixture. Put in the fridge for at least an hour or overnight.

Preheat oven to 375 F. Spray an 8 x 8 pan (use glass and serve in the pan) with non-stick spray. Stir in the blueberries (or drain a regular-size (15 or 20 oz?) can of sliced peaches, reserve 2 or 3 slices for garnish,&nbsp;;chop and add). Mix well and pour into pan. Bake 40 minutes or until firm. Cut into 6 pieces, garnish and serve. This is easily

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doubled and made in a 9 x 13 pan. I usually add an extra cup of milk and break up some extra bread. I still use 1 can of peaches or 2 cups of blueberries when doubling - gives enough fruit.</p>