

Whole Grain Pear Bread Pudding with Warm Spices

Fiber-rich whole grain bread pudding featuring caramelized pears and warming spices—a blood sugar-friendly dessert that satisfies without the spike.

Prep: 25 min

Cook: 50 min

Total: 75 min

Servings: 8

GL 18.3 / GI 44

Ingredients

including crust sturdy whole-grain bread, cut into 1-inch cubes

unsalted butter

canola oil

large ripe firm pears, peeled, halved, cored and sliced

pinches allspice

1% milk

eggs, lightly beaten

brown sugar, divided

honey

vanilla extract

ground cinnamon

ground cloves logifoodcoach.com/recipes/whole-grain-pear-bread-pudding-with-warm-spices

Instructions

Step 1

Position oven rack in the center and preheat to 350°F (175°C). Spread the whole-grain bread cubes in a single layer across a large baking sheet. Toast in the preheated oven for approximately 5 minutes until the edges are lightly golden and crisp. Remove and set aside to cool slightly.

Step 2

Heat a large nonstick skillet over medium heat. Add half the butter and 1 tablespoon canola oil, swirling until the butter melts and becomes foamy. Arrange half of the sliced pears in the pan in a single layer. Cook without stirring for 2-3 minutes until golden brown on the bottom, then flip and cook the other side. Sprinkle with a generous pinch of allspice. Transfer to a plate and repeat with remaining butter, oil, pears, and allspice.

Step 3

Lightly coat a 9-inch square baking dish with cooking spray or brush with oil. Layer half of the toasted bread cubes evenly across the bottom of the dish. Distribute half of the caramelized pear slices over the bread, then top with the remaining bread cubes, creating a layered structure. Reserve the remaining pears for the top.

Step 4

In a large mixing bowl, whisk together the milk, beaten eggs, 2 tablespoons of the brown sugar, honey, vanilla extract, ground cinnamon, and ground cloves until thoroughly combined and the sugar dissolves. Pour this custard mixture evenly over the layered bread and pears, ensuring all bread pieces are moistened.

Step 5

Cover the baking dish tightly with plastic wrap and let stand at room temperature for 20-30 minutes. Every 8-10 minutes, gently press down on the bread with a spatula to help it absorb the custard mixture. The bread should be thoroughly soaked but still hold its shape.

Step 6

Remove the plastic wrap and arrange the reserved caramelized pear slices decoratively across the top of the pudding. Sprinkle evenly with the remaining 1 tablespoon brown sugar. legitfoodcoach.com/recipes/whole-grain-pear-bread-pudding-with-warm-spices
Bake uncovered for 45-55 minutes, until the top is golden brown and a knife inserted into the center comes out mostly clean with just a few moist crumbs.

Step 7

Remove from oven and let the bread pudding rest for 10 minutes before serving. This allows the custard to set properly. Serve warm, cutting into 8 equal portions. Store any leftovers covered in the refrigerator for up to 3 days and reheat gently before serving.