

## Old-Fashioned Bread Pudding



**Prep Time:** 40 minutes

**Cook Time:** 60 minutes

### Ingredients:

6 large eggs  
1/2 Cup granular sugar substitute (sucralose)  
1 Cup heavy cream  
1 Cup water  
1 Teaspoon vanilla extract or preferably 1 vanilla bean, split and scraped  
1 Teaspoon ground cinnamon or preferably 1 (3-inch) cinnamon stick  
8 Servings Atkins Cuisine™ Bread, cut into 1/2-inch cubes

### Directions:

If you have a vanilla bean, use the seeds scraped from 1 whole bean. Instead of 1 teaspoon cinnamon substitute 1 3-inch cinnamon stick.

1. Preheat oven to 350°F. Generously butter a 9x9 -inch baking pan; set aside.
2. In a large bowl, whisk together eggs and sugar substitute.
3. In a medium saucepan over medium heat, bring cream, water, vanilla and cinnamon to a boil. Slowly whisk hot cream mixture into egg mixture. Add bread and toss well. Let stand 10 minutes, turning occasionally with a rubber spatula.
4. Transfer pudding mixture into to prepared pan. Place pan in a larger roasting pan, fill the outer pan with enough hot water to come half way up the sides of the pudding pan.
5. Bake for until set, about 55 minutes. Let cool for 15 minutes before cutting. Serve warm or chilled. Makes 6 servings.

### Nutrition Facts

Makes 6 servings

Amount per serving:

<b>Calories</b>	297
<b>Net Carbs</b>	6.3
<b>Dietary Fiber</b>	2.5
<b>Total Fat</b>	23
<b>Protein</b>	14