

# CARAMEL PECAN PUMPKIN BREAD PUDDINGS

BY: PREMIER PROTEIN

PREP TIME: 10 MIN COOK TIME: 50 MIN TOTAL TIME: 1 HR 15 MIN SERVINGS: 11

## INGREDIENTS

### BREAD PUDDINGS:

4 large eggs  
2 (15-oz.) cans pumpkin  
1 1/2 cups Vanilla Premier Protein Shake  
1 cup half-and-half  
1 cup granulated sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 teaspoon ground nutmeg  
1/2 teaspoon vanilla extract  
1 (12-oz.) French bread loaf, cut into 1-inch pieces (about 10 cups)

### CARAMEL-PECAN SAUCE:

1 cup pecans, chopped  
1/2 cup firmly packed light brown sugar  
1/2 cup butter  
1 tablespoon light corn syrup  
1 teaspoon vanilla extract

## DIRECTIONS

Prepare Bread Puddings: Whisk together eggs and next 8 ingredients in a large bowl until well blended. Add bread pieces, stirring to thoroughly coat. Cover with plastic wrap, and chill 8 to 24 hours.

Preheat oven to 350°. Spoon bread mixture into 11 (6-oz.) lightly greased ramekins. (Ramekins will be completely full, and mixture will mound slightly.) Place on an aluminum foil-lined jelly-roll pan.

Bake at 350° for 50 minutes, shielding with foil after 30 minutes.

During last 15 minutes of baking, prepare Caramel-Pecan Sauce: Heat pecans in a medium skillet over medium-low heat, stirring often, 3 to 5 minutes or until lightly toasted and fragrant.

Cook brown sugar, butter, and corn syrup in a small saucepan over medium heat, stirring occasionally, 3 to 4 minutes or until sugar is dissolved. Remove from heat; stir in vanilla and pecans.

Remove bread puddings from oven; drizzle with Caramel-Pecan Sauce. Bake 5 minutes or until sauce is thoroughly heated and begins to bubble.