

pudding Cookbook

A Snack Cookbook with Delicious
Homemade and Prepackaged Pudding
Recipes

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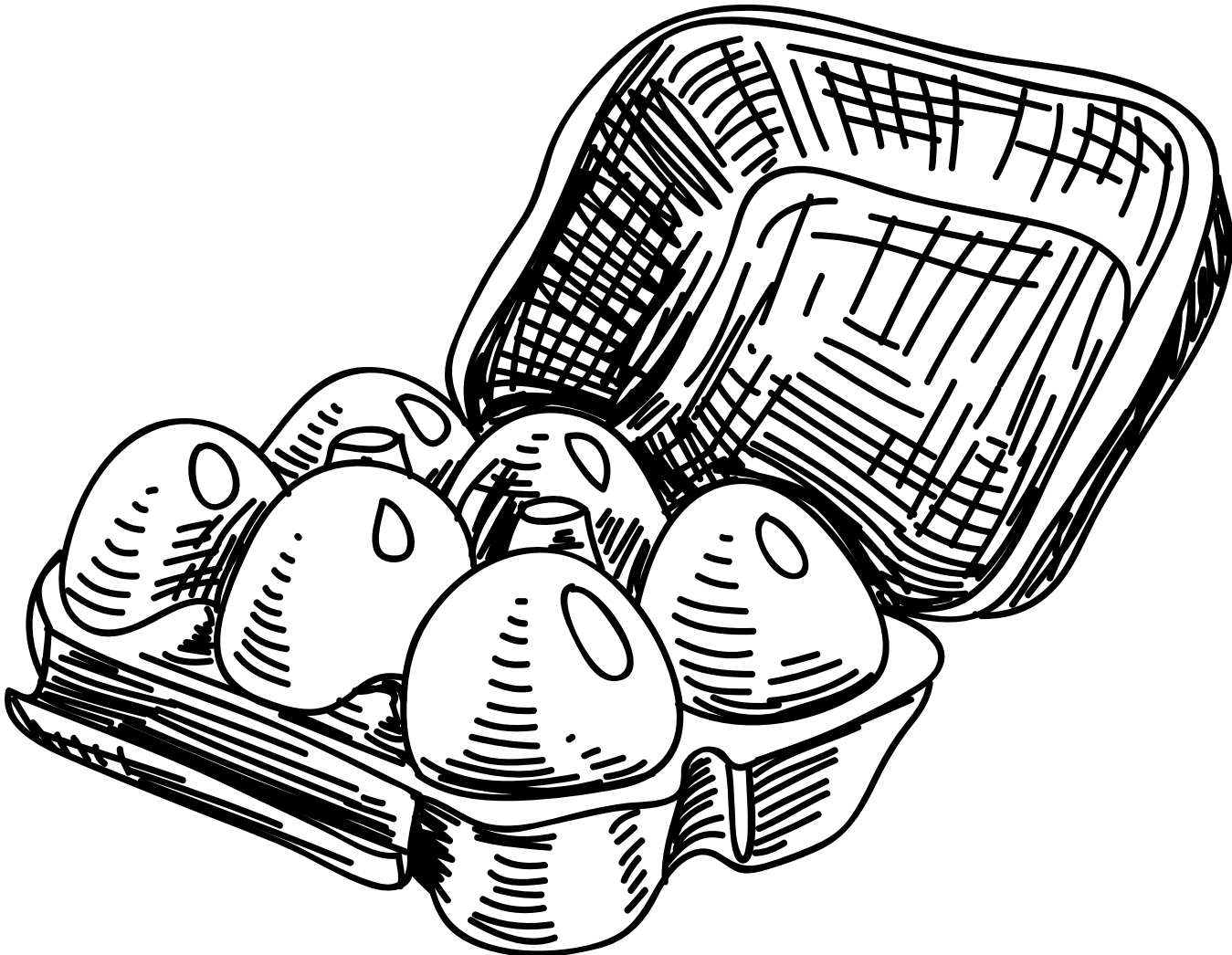


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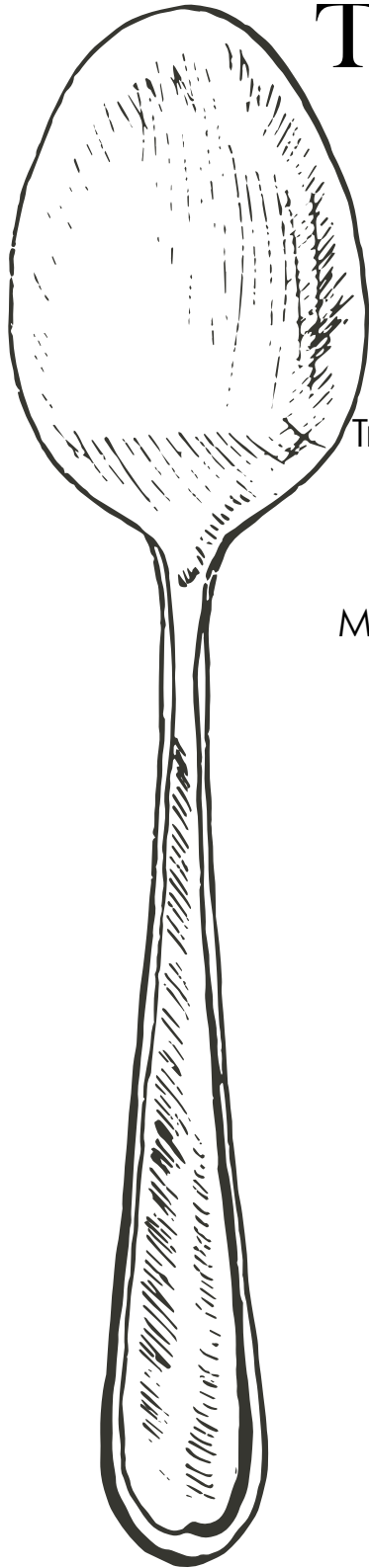
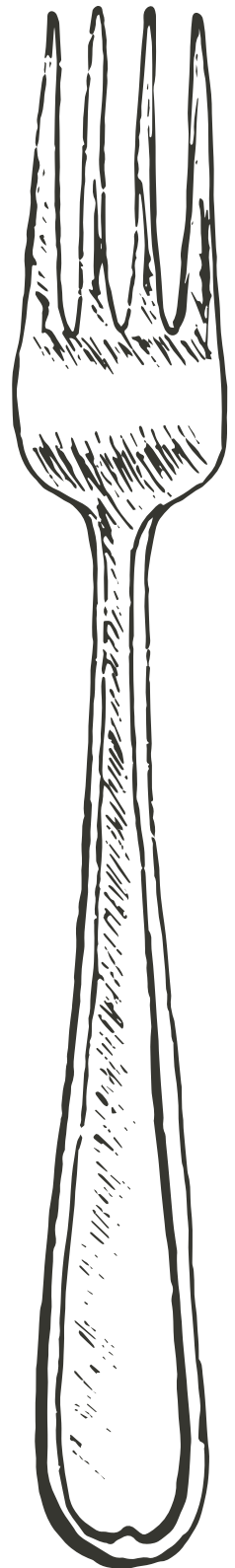
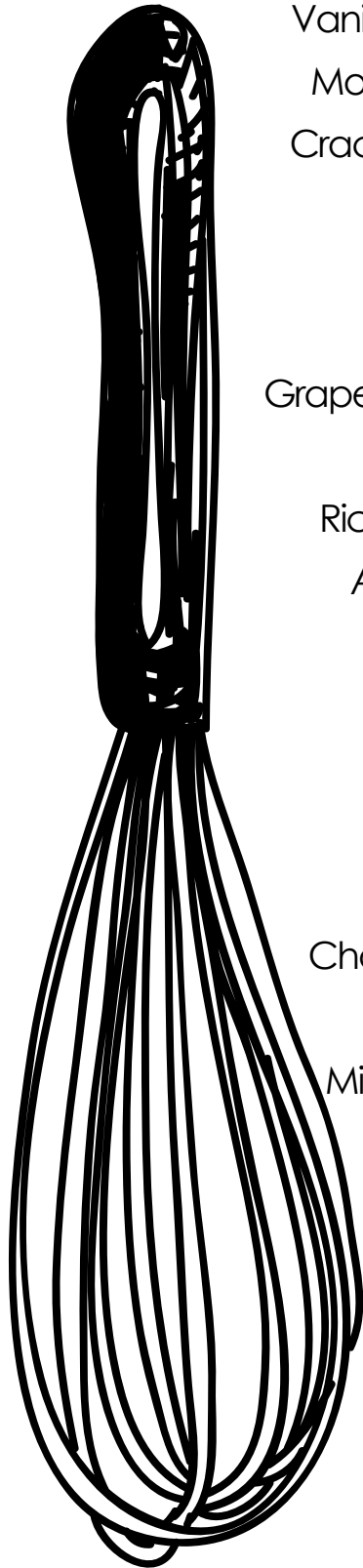


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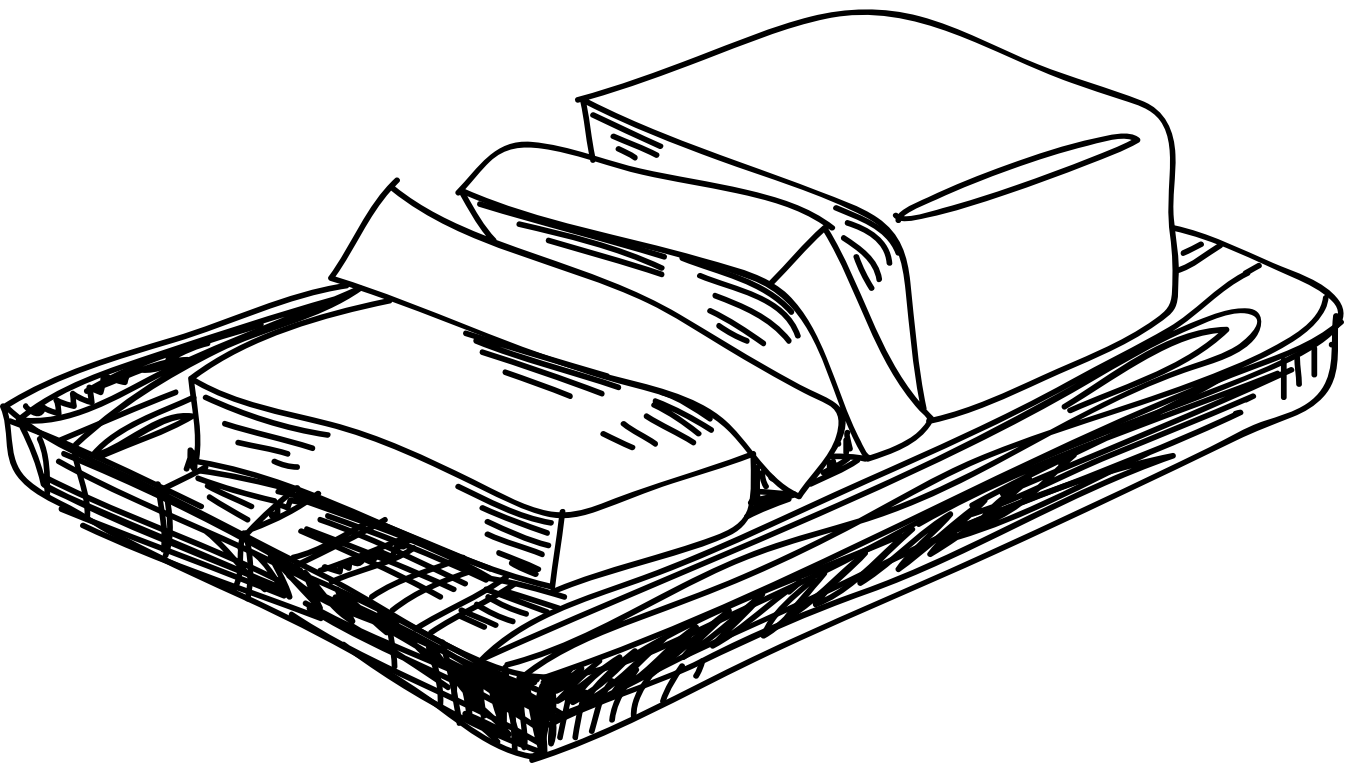


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Easy Creamy Pudding



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 12

Calories 349 kcal

Fat 19.3 g

Carbohydrates 38.1g

Protein 6.4 g

Cholesterol 256 mg

Sodium 262 mg

Ingredients

3 C. bread cubes
4 C. scalded milk
3/4 C. white sugar
1 tbsp butter
1/2 tsp salt
4 eggs, lightly beaten
1 tsp vanilla extract

1 C. white sugar
1/2 C. butter
1/2 C. heavy cream
1 tsp vanilla extract

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Coat a casserole dish with butter then let your bread sit submerged in milk for 7 mins.
3. Now combine the following with your bread: 1 tsp vanilla, 3/4 C. of sugar, eggs, 1 tbsp butter, and salt.
4. Stir the mix then enter everything into your casserole dish.
5. Get a roasting pan and layer a damp kitchen towel in it then lay your casserole dish on top of the towel then put everything in the oven.
6. Add some boiling water to the roasting pan.
7. Add enough water to fill half of the pan.
8. Cook everything for 65 mins then let the pudding sit until it is cool.
9. As the pudding cools, heat the following in a saucepan: 1 tsp vanilla, 1 C. sugar, cream, and 1/2 C. of butter.
10. Heat everything until it is boiling, then set the heat to low, and let the mix cook for 4 mins. Stir the mix the entire time.
11. Layer this vanilla mix over the pudding.
12. Enjoy.





CREAM CHEESE Chocolate



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 12

Calories 472 kcal

Fat 24.9 g

Carbohydrates 58.9g

Protein 5.6 g

Cholesterol 36 mg

Sodium 503 mg

Ingredients

2 (3.5 oz.) packages instant French vanilla pudding mix
3 C. milk
1 C. confectioners' sugar
1 (8 oz.) package cream cheese, softened

1/4 C. butter, softened
1 (12 oz.) container frozen whipped topping, thawed
1 (14 oz.) package chocolate cream-filled sandwich cookies, crushed (divided)

Directions

1. Get a bowl, combine: French vanilla mix and milk.
2. Let the contents sit for 4 mins.
3. Get a 2nd bowl, combine: butter, confectioners', cream cheese, and sugar.
4. Stir the mix until it is creamy.
5. Now combine both bowls and add in your frozen whipped topping.
6. Layer 1/2 of the cookie crumbs in a casserole dish and layer your pudding mix on top, then add the rest of the cookie crumbs.
7. Let the mix sit in the fridge for 60 mins.
8. Enjoy.

Maggie's Favorite Pudding



Prep Time: 10 mins



Total Time: 1 hr 25 mins

Servings per Recipe: 8

Calories 538 kcal

Fat 9 g

Carbohydrates 110.1g

Protein 7.9 g

Cholesterol 68 mg

Sodium 291 mg

Ingredients

- 1/2 tsp baking soda
- 2 C. persimmon pulp
- 2 1/2 C. white sugar
- 2 eggs, beaten
- 2 C. all-purpose flour
- 2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1 pinch salt
- 2 1/2 C. milk
- 4 tbsps melted butter

Directions

1. Coat a casserole dish with butter then set your oven to 325 degrees before doing anything else.
2. Get a bowl, mix: eggs, persimmon, sugar, and baking soda.
3. Stir the mix until it is smooth then add in the melted butter, flour, milk, baking powder, salt, cinnamon, and vanilla.
4. Stir the mix again, then pour everything into your casserole dish.
5. Cook the contents for 65 mins in the oven.
6. Enjoy.

BROWN SUGAR Pudding



Prep Time: 15 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 8

Calories 516 kcal

Fat 12.7 g

Carbohydrates 98.6g

Protein 4.4 g

Cholesterol 26 mg

Sodium 231 mg

Ingredients

1 1/2 C. all-purpose flour
1 tsp baking powder
1 egg
1 C. white sugar
1/4 C. margarine
1 C. milk

2 C. water
2 C. brown sugar
1/4 C. margarine
1/4 tsp vanilla extract

Directions

1. Coat a casserole dish with oil then set your oven to 325 degrees before doing anything else.
2. Get a bowl, sift: baking powder, and flour.
3. Get a 2nd bowl, combine: 1/4 C. margarine, eggs, and sugar.
4. Slowly stir in the baking powder mix, then add everything to your casserole dish.
5. Now get your water boiling then add in: vanilla extract, 1/4 margarine, and brown sugar.
6. Get everything boiling again and let it cook for 3 mins.
7. Now layer this mix on top of the contents in the casserole dish, and cook everything in the oven for 50 mins.
8. Enjoy.

Spice Pudding



Prep Time: 10 mins



Total Time: 2 hrs 30 mins

Servings per Recipe: 7

Calories 552 kcal

Fat 19.9 g

Carbohydrates 93.8g

Protein 3.6 g

Cholesterol 58 mg

Sodium 296 mg

Ingredients

- 1 C. grated carrots
- 1 C. peeled and shredded potatoes
- 1 C. white sugar
- 1 C. raisins
- 1 C. all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp ground allspice
- 1 tsp ground cloves
- 1/2 C. butter
- 1/2 C. heavy whipping cream
- 1 C. white sugar
- 1 1/2 tsps vanilla extract

Directions

1. Get a bowl, combine: cloves, carrots, all spice, potatoes, cinnamon, baking soda, flour, sugar, and raisins.
2. Add this mix into a coffee can then layer some wax paper on top.
3. Place the can in a large pot of boiling water (3 inches), place a lid on the pot, and let the contents cook for 2 hrs with a simmer.
4. Now heat the following in a pot: vanilla, butter, sugar, and cream.
5. Let this mix heat until it becomes liquid then top your cake with it.
6. Enjoy.

TROPICAL Cream Cheese Pudding



Prep Time: 20 mins

Total Time: 50 mins

Servings per Recipe: 6

Calories 1012 kcal

Fat 62 g

Carbohydrates 95.7g

Protein 17.1 g

Cholesterol 106 mg

Sodium 737 mg

Ingredients

1 1/2 C. all-purpose flour	3 (3.9 oz.) packages instant chocolate pudding mix
3/4 C. margarine	5 C. whole milk
2 (8 oz.) packages cream cheese	
2 C. confectioners' sugar	
3 C. frozen whipped topping (Cool Whip(R)), thawed	

Directions

1. Set your oven to 375 degrees before doing anything else.
2. Combine your margarine and flour together then layer this mix into the bottom of a casserole dish and put everything into the oven for 20 mins.
3. Now get a bowl, combine: sugar and cream cheese.
4. Add in 2 C. of whipped topping and stir everything together. Layer this mix over the crust in the casserole dish once it is no longer hot.
5. Now combine 5 C. of milk with your pudding mix and add this mix to the casserole dish as well.
6. Finally add the rest of the whipped topping and place everything in the fridge until it is all cold.
7. Enjoy.

pudding Dessert



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 16

Calories 445 kcal

Fat 14.6 g

Carbohydrates 67g

Protein 6.9 g

Cholesterol 52 mg

Sodium 641 mg

Ingredients

- 1 (3 oz.) package non - instant vanilla pudding mix
- 2 C. half - and - half cream
- 2 tbsps dark rum
- 3 tbsps white sugar
- 2 C. heavy whipping cream
- 2 (18.25 oz.) packages angel food cake mix, prepared in a 10 inch round cake pan
- 1/4 C. brandy
- 1/4 C. dry sherry
- 38 large strawberries
- 2 tbsps raspberry preserves

Directions

1. Take your half and half and mix it with the pudding.
2. Heat this mix with a low level of heat for 17 mins. While the mix heats stir it a few times.
3. Now shut the heat and let the mix cool. Add in the rum and let everything get cold.
4. Now get a bowl, mix: 1 tbsp sugar and 1 1/4 C. cream. S
5. Stir the mix until it is stiff then combine it with the rum mix.
6. Get a brush and coat a bowl with the preserves. Cut your sponge cakes into two pieces then remove the crusts. Lay one piece of cake into the bowl
7. Get a 2nd bowl, combine: sherry and brandy.
8. Add 1/4 of this sherry mix to the bowl then 1/3 of the pudding mix.
9. Continue laying the cakes in this manner.
10. Now on top of the third piece of cake add your strawberries then final piece of cake. Add any remaining brandy mix.
11. Get a 3rd bowl, combine: 2 tbsps sugar and 1 C. cream.
12. Place this mix around the cakes and add the rest of the strawberries on top of the mix.
13. Enjoy.

FRESH

Snow Pudding



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 4

Calories 129 kcal

Fat 1.2 g

Carbohydrates 27.9g

Protein 2 g

Cholesterol 5 mg

Sodium 36 mg

Ingredients

6 C. clean fresh snow

1 C. milk

1/2 C. superfine sugar

1/2 tsp vanilla extract

Directions

1. Get a bowl, combine: vanilla, sugar, and milk.
2. Stir the mix until it is smooth then add in your snow.
3. Place the mix in the freezer for a bit or serve it.
4. Enjoy.

Maggie's English Yorkshire Pudding



Prep Time: 5 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 8

Calories 157 kcal

Fat 3.3 g

Carbohydrates 19.1g

Protein 11.8 g

Cholesterol 89 mg

Sodium 261 mg

Ingredients

1 1/2 C. all-purpose flour
3/4 tsp salt
3/4 C. milk, room temperature
3 eggs, room temperature

3/4 C. water
1/2 C. beef drippings

Directions

1. Get a bowl, combine: salt and flour. Then add in the milk and stir the contents until everything is smooth.
2. Whisk your eggs then add them in and stir everything.
3. Combine in the water and get the mix smooth.
4. Let this batter sit for 60 mins.
5. Now set your oven to 400 degrees before doing anything else.
6. Pour your drippings into a casserole dish and heat the drippings in the oven until they are bubbling.
7. Add the flour mix into the dish and cook everything for 40 mins.
8. Divide the pudding into 8 pieces.
9. Enjoy.

BRANDY Pudding



Prep Time: 15 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 6

Calories 959 kcal

Fat 38.7 g

Carbohydrates 130g

Protein 13.2 g

Cholesterol 216 mg

Sodium 623 mg

Ingredients

1 1/8 C. butter	1 1/2 C. raisins
1 1/3 C. white sugar	1/2 C. brandy
4 eggs	
2 1/2 tps grated lemon zest	
3 1/2 C. all-purpose flour	
4 tps baking powder	

Directions

1. Let your raisins sit in the brandy for 30 mins. Then set your oven to 350 degrees before doing anything else.
2. Get a bowl combine: sugar and butter. Stir the mix until it is creamy then add in: baking powder, 4 eggs, flour, and lemon zest.
3. Stir the mix until it is smooth then combine in the raisins with the brandy.
4. Cook everything in the oven for 1 hr.
5. Now slice the pudding into servings.
6. Enjoy.

Pasta Pudding



Prep Time: 5 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 8

Calories 385 kcal

Fat 5.8 g

Carbohydrates 68g

Protein 14.8 g

Cholesterol 20 mg

Sodium 102 mg

Ingredients

1 quart milk
8 cardamom seeds, or to taste (optional)
1 (8 oz.) package vermicelli pasta, broken
into 4-inch lengths

5 tbsps white sugar
8 raisins, or more to taste (optional)

Directions

1. Get the following boiling: cardamom, sugar, and milk. Once the mix is boiling set the heat to low and let the mix gently cook for 7 mins.
2. Add in the pasta and the raisins and continue cooking everything for 7 more mins.
3. Now shut the heat and let the contents sit for 20 mins.
4. Add some milk if you like your pudding less thick.
5. Enjoy.





HOLIDAY Pudding



Prep Time: 15 mins



Total Time: 2 hrs 35 mins

Servings per Recipe: 10

Calories 465 kcal

Fat 16.1 g

Carbohydrates 75.3g

Protein 10.4 g

Cholesterol 75 mg

Sodium 610 mg



Ingredients

- 1 3/4 C. buttermilk
- 12 oz. dried figs, coarsely diced
- 1 1/2 C. white whole-wheat flour
- 1 C. white sugar
- 2 1/2 tsps baking powder
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- 1 tsp salt
- 3 eggs
- 1 1/2 C. dry bread crumbs
- 1/2 C. butter, melted
- 1 (2.45 oz.) package sliced almonds
- 3 tsps orange marmalade
- 1 tbsp grated orange zest
- 1/2 tsp orange-vanilla flavoring

Directions

1. Coat a tube pan with oil then set your oven to 350 degrees before doing anything else.
2. Let your figs and buttermilk cook in a pot with low heat for 17 mins.
3. Get a bowl combine: salt, flour, cinnamon, baking powder, and nutmeg.
4. Get a 2nd bowl and begin to whisk your eggs with an electric mixer for 2 mins then combine in the orange flavoring, fig mix, orange zest, bread crumbs, butter, orange marmalade, and almonds.
5. Set the speed of the mixer to slow and continue beating the mix as you slowly add in the flour mix.
6. Once you have a smooth batter pour the mix in the tube pan then coat some foil with nonstick spray and wrap the tube pan with it.
7. Cook everything in the oven for 2 hrs.
8. Enjoy.

Northern English Pudding

 Prep Time: 5 mins
 Total Time: 15 mins

Servings per Recipe: 8

Calories	554 kcal
Fat	24.3 g
Carbohydrates	82.5g
Protein	6.7 g
Cholesterol	46 mg
Sodium	447 mg

Ingredients

1 C. water	1 C. margarine
3/4 C. white sugar	2 C. all-purpose flour
1 tbsp mixed spice	1 tsp baking soda
1 tbsp cinnamon	2 eggs, beaten
1 1/4 C. diced mixed dried fruit	
1 1/4 C. golden raisins	

Directions

1. Get the following boiling: margarine, water, raisins, sugar, fruit, mixed spice, and cinnamon.
2. Let this mix boil for about 1 min.
3. Now shut the heat and add in: eggs, baking soda, and flour.
4. Add everything to a bowl and cook it in the microware for 12 mins with the highest heat setting.
5. After the mix has been microwaved let it cool for 10 mins.
6. Enjoy.

COFFEE Pudding



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 272 kcal

Fat 6.5 g

Carbohydrates 45.3g

Protein 8.8 g

Cholesterol 61 mg

Sodium 346 mg

Ingredients

1 1/2 C. milk	1 tbsp cornstarch
1 C. canned mixed beans, drained	1 1/2 tsps chili powder
1/2 C. brown sugar	1 1/2 tsps garam masala
1 egg	1 tbsp butter
1 1/2 tsps instant coffee granules	1 tsp vanilla extract
1 1/2 tsps cocoa powder	

Directions

1. Add the following to the bowl of a blender and pulse the mix until everything is smooth: masala, milk, chili powder, brown sugar, beans, cornstarch, egg, cocoa powder, and coffee.
2. Enter the mix into a pot and heat everything while stirring for 17 mins.
3. Now shut the heat and add in the vanilla and butter.
4. Stir the contents again then serve.
5. Enjoy.

Lemon Pudding



Prep Time: 20 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 10

Calories 150 kcal

Fat 0 g

Carbohydrates < 35.8g

Protein 3 g

Cholesterol 0 mg

Sodium 30 mg

Ingredients

2 tbsps unflavored gelatin
1/2 C. cold water
2 C. boiling water
1/3 C. lemon juice

1 3/4 C. white sugar
5 egg whites

Directions

1. Get a bowl and add in your water. Top the water with your gelatin. Let the mix sit for 10 mins.
2. Get a 2nd bowl, mix: sugar, gelatin, lemon juice, and boiling water.
3. Stir the contents until the sugar is fully dissolved then place the mix in the fridge with a covering of plastic around the bowl.
4. Now whisk your egg whites until they are stiff then stir the lemon mix until it is stiff as well.
5. Combine both mixtures and divide the mix between your molds.
6. Place the molds in the fridge until everything is chilled.
7. Enjoy.

CINNAMON

Suet Pudding



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 7

Calories 798 kcal

Fat 30.5 g

Carbohydrates 125.3g

Protein 8.7 g

Cholesterol 29 mg

Sodium 1015 mg

Ingredients

- 1 C. diced suet
- 1 C. raisins
- 1 C. dark corn syrup
- 1 C. water
- 1 tsp baking soda
- 2 tps salt, divided
- 1/2 tsp nutmeg
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 3 C. all-purpose flour
- 1 tsp baking powder
- 2 C. milk
- 1 tbsp butter
- 1 C. white sugar
- 2 tbsps cornstarch
- 1 tsp vanilla extract

Directions

1. Get a bowl, combine: baking powder, suet, flour, raisins, cloves, corn syrup, cinnamon, nutmeg, water, 1 tsp salt, and baking soda.
2. Using a steamer, heat this mix over hot water.
3. When a toothpick can be cleanly removed from the mix you are done heating it.
4. Now heat the following in a separate pan: cornstarch, milk, sugar, 1 tsp salt, and butter.
5. Stir the mix until it is thick then add in the vanilla and combine everything together.
6. Enjoy.

Cornflake Pudding



Prep Time: 5 mins



Total Time: 45 mins

Servings per Recipe: 8

Calories 312 kcal

Fat 8.7 g

Carbohydrates 53.3g

Protein 7.1 g

Cholesterol 68 mg

Sodium 219 mg

Ingredients

4 1/2 C. whole milk

4 1/2 C. cornflakes cereal

2/3 C. brown sugar

1/2 C. dark molasses

2 eggs, beaten

2 tbsps butter

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: eggs, milk, molasses, cereal, and brown sugar.
3. Whisk the mix until it is smooth then enter everything into a casserole dish.
4. Place pieces of butter throughout the dish and cook everything in the oven for 50 mins.
5. Enjoy.

TAPIOCA Pudding



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 468 kcal

Fat 13 g

Carbohydrates 86.1g

Protein 5.1 g

Cholesterol 2 mg

Sodium < 640 mg

Ingredients



12 plums, pitted and halved
1 C. white sugar
1/2 C. water
2 tbsps tapioca
1/2 tsp ground cinnamon
2 1/4 C. all-purpose baking mix

3 tbsps white sugar
2/3 C. milk
3 tbsps margarine, melted

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a casserole dish and stir: cinnamon, plums, tapioca, 1 C. sugar, and water.
3. Cook the mix in the oven for 30 mins. Then remove it and set the oven to 450 degrees.
4. Now get a bowl, combine: margarine, baking mix, milk, and 3 tbsps sugar.
5. Using a tbsp drop dollops of the mix over the plum mix and cook everything for 12 more mins in the oven.
6. Enjoy.

Raisin Rice Pudding

 Prep Time: 25 mins
 Total Time: 45 mins

Servings per Recipe: 4

Calories	366 kcal
Fat	6.9 g
Carbohydrates	67.6g
Protein	8.8 g
Cholesterol	64 mg
Sodium	237 mg

Ingredients

3/4 C. uncooked white rice	1 tbsp butter
2 C. milk, divided	1/2 tsp vanilla extract
1/3 C. white sugar	
1/4 tsp salt	
1 egg, beaten	
2/3 C. golden raisins	

Directions

1. Get 1.5 C. of water boiling then add the rice.
2. Get the mix boiling again, place a lid on the pot, and let the contents cook for 22 mins.
3. Now heat the following until creamy: salt, 1.5 C. cooked rice, sugar, 1.5 C. milk.
4. Let this mix cook for 17 mins until it is thick, with a medium level of heat, then add in: raisins, 1/2 C. milk, and whisked eggs.
5. Let the contents cook for 4 more mins, while stirring.
6. Now shut the heat and combine in: the vanilla and butter.
7. Enjoy.

CREAM CHEESE Pudding



Prep Time: 30 mins



Total Time: 3 hrs 30 mins

Servings per Recipe: 12

Calories 398 kcal

Fat 16.6 g

Carbohydrates 55.1g

Protein 7 g

Cholesterol 37 mg

Sodium 333 mg



Ingredients

- 1 (8 oz.) package cream cheese
- 1 (14 oz.) can sweetened condensed milk
- 1 (5 oz.) package instant vanilla pudding mix
- 3 C. cold milk
- 1 tsp vanilla extract
- 1 (8 oz.) container frozen whipped topping, thawed
- 4 bananas, sliced
- 1/2 (12 oz.) package vanilla wafers

Directions

1. Get a bowl, combine: vanilla, cream cheese, cold milk, pudding mix, and condensed milk.
2. Stir the mix until it is smooth then add in half of the whipped topping.
3. Place your wafers in the bottom of a casserole dish then place the bananas on top of the wafers.
4. Top everything with the pudding mix and layer the rest of the whipped topping.
5. Place the contents in the fridge until everything is cooled.
6. Enjoy.

Raw Sour Cream Pudding

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 10

Calories	446 kcal
Fat	19 g
Carbohydrates	63.8g
Protein	4.7 g
Cholesterol	15 mg
Sodium	371 mg

Ingredients

8 oz. sour cream	1 (16 oz.) package vanilla wafer cookies
1 (8 oz.) container frozen whipped topping, thawed	4 bananas, peeled and sliced
1 (5 oz.) package instant vanilla pudding mix	
2 C. whole milk	

Directions

1. Get a bowl, combine: milk, sour cream, pudding mix, and whipped topping.
2. Now get a 2nd bowl, layer: cookies, pudding mix, and the bananas.
3. Continue layering in this manner until all the ingredients have been used.
4. Enjoy.





COCOA

Cornstarch Pudding



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 274 kcal

Fat 9.6 g

Carbohydrates 42.5g

Protein 6.4 g

Cholesterol 29 mg

Sodium 184 mg

Ingredients

1/2 C. white sugar

3 tbsps unsweetened cocoa powder

1/4 C. cornstarch

1/8 tsp salt

2 3/4 C. milk



2 tbsps butter, room temperature

1 tsp vanilla extract

Directions

1. Heat and stir the following in a pot: salt, sugar, cornstarch, and cocoa.
2. Once the mix is hot add in the milk and stir the mix until it is smooth.
3. Now get everything boiling.
4. Continue to stir the mix as it boils until everything becomes thick.
5. Now shut the heat and add in the vanilla and butter.
6. Pour the mix into a bowl and place a covering of plastic on the bowl and put everything in the fridge until it is cold.
7. Enjoy.

Graham Banana Pudding

 Prep Time: 25 mins
 Total Time: 25 mins

Servings per Recipe: 20

Calories	329 kcal
Fat	9.6 g
Carbohydrates	56.9 g
Protein	4.2 g
Cholesterol	9 mg
Sodium	205 mg

Ingredients

1 (5 oz.) package instant vanilla pudding mix
2 C. cold milk
1 (14 oz.) can sweetened condensed milk
1 tbsp vanilla extract
1 (12 oz.) container frozen whipped topping, thawed

1 (16 oz.) package graham crackers
14 bananas, sliced

Directions

1. Get a bowl, combine: milk and pudding mix.
2. Combine everything for 3 mins then add the condensed milk and stir the mix until it is smooth.
3. Add your whipped topping and vanilla.
4. Layer your graham crackers, bananas, and pudding mix.
5. Place the contents in the fridge until it is chilled.
6. Enjoy.

BUTTERSCOTCH Vanilla Pudding



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 623 kcal

Fat 23.1 g

Carbohydrates 92.6g

Protein 9.4 g

Cholesterol 110 mg

Sodium 452 mg

Ingredients

1 (10.75 oz.) loaf day-old bread, torn
into small pieces

4 C. milk

2 C. brown sugar

1/2 C. butter, melted

3 eggs, beaten



2 tsps vanilla extract

1 C. butterscotch chips

Directions

1. Coat a casserole dish with butter then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: butterscotch chips, bread, vanilla, milk, eggs, butter, and sugar.
3. Stir the contents then pour everything into your dish.
4. Cook the mix in the oven for 65 mins.
5. Enjoy.

Rice Pudding

 Prep Time: 10 mins
 Total Time: 8 hrs

Servings per Recipe: 12

Calories	228 kcal
Fat	4.7 g
Carbohydrates	37.7g
Protein	8.3 g
Cholesterol	60 mg
Sodium	135 mg

Ingredients

1/2 gallon milk	1/4 tsp salt
1 C. white sugar	2 tsps vanilla extract
1 C. uncooked long-grain white rice	ground cinnamon to taste
3 eggs, lightly beaten	
1/4 C. milk	

Directions

1. Heat the following in a saucepan: rice, sugar, and 1/2 gallon milk.
2. Let the contents simmer with a lid on the pot for 60 mins.
3. Stir the mix every 5 mins. Then shut the heat and let the contents cool.
4. Get a bowl, combine: vanilla, eggs, salt, 1/4 C. milk.
5. Add this mix to the rice and set the heat to low.
6. Stir and heat everything for 4 mins.
7. Enter the contents into a casserole dish and place a covering of plastic around the dish.
8. Leave a small opening on one corner of the dish.
9. Let the pudding cool completely then take off the covering and top the pudding with some cinnamon.
10. Place a new covering of plastic around the dish and put it in the fridge for 8 hrs.
11. Enjoy.

PUDDING Cookies



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 36

Calories 177 kcal

Fat 10.4 g

Carbohydrates 20.7g

Protein 2.1 g

Cholesterol 24 mg

Sodium 119 mg



Ingredients

2 1/4 C. all-purpose flour	1 tsp vanilla extract
1 tsp baking soda	2 eggs
1 C. butter, softened	12 oz. semisweet chocolate chips
3/4 C. packed light brown sugar	1 C. diced walnuts
1/4 C. white sugar	
1 (3.4 oz.) package instant butterscotch pudding mix	

Directions

1. Set your oven to 375 degrees before doing anything else.
2. Get a bowl, mix: baking soda and flour.
3. Get a 2nd bowl, combine: vanilla, butter, pudding mix, brown sugar, and white sugar.
4. Mix the contents until they are creamy then add in the eggs and continue to mix everything.
5. Slowly add in your flour, then the nuts and chocolate chips.
6. Drop tsp sized dollops onto a cookie sheet and cook the pudding cookies in the oven for 9 mins.
7. Enjoy.

Sour Cream Corn Pudding

 Prep Time: 15 mins
 Total Time: 1 hr

Servings per Recipe: 12

Calories	242 kcal
Fat	13.9 g
Carbohydrates	28.1g
Protein	3.9 g
Cholesterol	9 mg
Sodium	638 mg

Ingredients

1 (15.25 oz.) can whole kernel corn,
drained
1 (15 oz.) can cream style corn
1/2 C. margarine, softened

1 C. sour cream
1 (8.5 oz.) package dry cornbread mix

Directions

1. Coat a baking dish with oil then set your oven to 350 degrees before anything else.
2. Get a bowl, combine: corn bread mix, whole corn, sour cream, margarine, and cream corn.
3. Enter this mix into your baking dish then cook everything in the oven for 50 mins.
4. Enjoy.

DEVIL'S Food Cake Pudding



Prep Time: 15 mins

Total Time: 1 hr 5 mins

Servings per Recipe: 12

Calories 629 kcal

Fat 40.8 g

Carbohydrates 67.8g

Protein 7.9 g

Cholesterol 88 mg

Sodium 573 mg



Ingredients

- 1 (18.25 oz.) package devil's food cake mix
- 1 (3.9 oz.) package instant chocolate pudding mix
- 1 C. sour cream
- 1 C. milk
- 1/2 C. vegetable oil
- 1/2 C. water
- 4 eggs
- 2 C. semisweet chocolate chips
- 6 tbsps butter
- 1 C. semisweet chocolate chips

Directions

1. Coat a Bundt pan with oil and flour then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: eggs, cake mix, water, pudding mix, oil, sour cream, and milk.
3. Stir the contents until everything is smooth then add in 2 C. of chocolate chips.
4. Add the mix to the Bundt pan and cook everything in the oven for 45 mins.
5. Now microwave the follow until smooth and melted: 1 C. chocolate chips and butter.
6. Top the pudding cake with this mix.
7. Enjoy.

Vanilla Wafer Pudding

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 8

Calories	645 kcal
Fat	32.7 g
Carbohydrates	58g
Protein	4.9 g
Cholesterol	99 mg
Sodium	349 mg

Ingredients

1 (14 oz.) can sweetened condensed milk	36 vanilla wafers
1 1/2 C. cold water	3 medium bananas, sliced and dipped in lemon juice
1 (4-serving size) package instant vanilla pudding mix	
2 C. whipping cream, whipped	

Directions

1. Get a bowl, combine: water and condensed milk.
2. Now add in your pudding mix and combine everything until it is smooth.
3. Place the contents in the fridge for 10 mins then add the whipped cream.
4. Add one C. of the mix into a bowl then layer: wafers, bananas, and more pudding. Continue this layering process until all the ingredients have been used.
5. Enjoy.

WHITE BREAD

Raisin Pudding



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 450 kcal

Fat 16.5 g

Carbohydrates 62.3g

Protein 14 g

Cholesterol 216 mg

Sodium 654 mg

Ingredients

10 slices white bread, cut into cubes

1/4 C. butter, melted

1 tsp ground cinnamon

1/2 C. raisins

6 eggs, beaten

3/4 C. white sugar

2 tsps vanilla extract

1/2 tsp salt



3 C. hot milk (160 degrees F/71 degrees C)

1 pinch ground nutmeg

Directions

1. Coat a casserole dish with oil and set your oven to 375 degrees before doing anything else.
2. Get a bowl, combine: raisins, bread pieces, cinnamon, and butter.
3. Enter everything into your casserole dish.
4. Get a 2nd bowl, combine: salt, eggs, vanilla, and sugar.
5. Whisk everything until it is smooth then add the milk and mix again.
6. Combine both bowls then enter everything into your casserole dish.
7. Top the mix with nutmeg and cook the contents in the oven for 30 mins.
8. Enjoy.

Double Banana Pudding

 Prep Time: 30 mins
 Total Time: 2 hrs

Servings per Recipe: 12

Calories	404 kcal
Fat	14.6 g
Carbohydrates	65.3g
Protein	5 g
Cholesterol	63 mg
Sodium	430 mg

Ingredients

1 (18.25 oz.) package yellow cake mix	2 C. confectioners' sugar
1 (3.5 oz.) package instant banana pudding mix	2 tbsps milk
4 eggs	1 dash vanilla extract
1 C. water	1/2 C. diced walnuts (optional)
1/4 C. vegetable oil	
3/4 C. mashed bananas	

Directions

1. Coat a Bundt pan with oil and flour then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: pudding mix and cake mix. Add in: mashed banana, eggs, oil, and water.
3. With mixer combine everything until it is smooth.
4. Enter the batter into your Bundt pan and cook everything in the oven for 60 mins.
5. Now get a bowl combine: vanilla, milk, and confectioners'.
6. Add this sauce on top of the pudding cake.
7. Enjoy.





VANILLA Chocolate Pudding



Prep Time: 5 mins

Total Time: 15 mins

Servings per Recipe: 4

Calories 203 kcal

Fat 3.4 g

Carbohydrates 40.3g

Protein 5.4 g

Cholesterol 10 mg

Sodium 52 mg

Ingredients

1/2 C. white sugar
1/3 C. unsweetened cocoa powder
3 tbsps cornstarch
2 C. milk
2 tsps vanilla extract

Directions

1. Get a bowl, combine: cornstarch, cocoa, and sugar.
2. Add in your milk slowly and combine everything until it is smooth.
3. Now cook the mix in the microwave for 4 mins with a high heat. Stir the mix evenly and microwave it for 3 more mins, stirring every 1 min.
4. Now add the vanilla and plastic some plastic wrap around the bowl.
5. Make sure the plastic wrap touches the pudding so no crust forms.
6. Place the pudding in the fridge until it is cold.
7. Enjoy.

Apple Pudding



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 430 kcal

Fat 20 g

Carbohydrates 58.8g

Protein 5.6 g

Cholesterol 52 mg

Sodium 372 mg

Ingredients

4 C. soft bread cubes
1/4 C. raisins
2 C. peeled and sliced apples
1 C. brown sugar
1 3/4 C. milk
1/4 C. margarine
1 tsp ground cinnamon
1/2 tsp vanilla extract
2 eggs, beaten

Sauce:

1/4 C. white sugar
1/4 C. brown sugar
1/2 C. milk
1/2 C. margarine
1 tsp vanilla extract

Directions

1. Oil a casserole dish then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: apples, raisins, and bread.
3. Now heat the following in a small pot: 1/4 C. margarine, 1 C. brown sugar, 1 3/4 C. milk.
4. Stir and heat the mix until the margarine melts then add it with the apples in the bowl.
5. Get a 2nd bowl, combine: eggs, cinnamon, and 1/2 tsp vanilla.
6. Add the apple mix to the casserole dish then top it with the egg mix.
7. Cook the contents in the oven for 45 mins.
8. At the same time heat the following in a pot: 1/2 C. margarine, sugar, 1/2 C. milk, and 1/4 C. brown sugar.
9. Get this mix boiling then shut the heat and add in your vanilla.
10. When the pudding bread is done top it with the vanilla sauce.
11. Enjoy.

TOFFEE Pudding Cake



Prep Time: 25 mins

Total Time: 1 hr 5 mins

Servings per Recipe: 9

Calories 433 kcal

Fat 16.4 g

Carbohydrates 69.7g

Protein 5.1 g

Cholesterol 83 mg

Sodium 477 mg

Ingredients

1 3/4 C. pitted, diced dates	3/4 C. packed brown sugar
1 tsp baking soda	1/3 C. butter
3/4 C. boiling water	2/3 C. evaporated milk
1/3 C. butter	1 tsp vanilla extract
3/4 C. white sugar	
2 eggs, beaten	
1 1/8 C. self-rising flour	

Directions

1. Coat a square baking pan with oil then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: baking soda and dates.
3. Now add some boiling water to cover the dates.
4. Get a 2nd bowl, combine: sugar and 1/3 C. butter.
5. Mix everything until it is smooth then add in the eggs and continue mixing.
6. Add the date mix and the flour. Then fold everything together.
7. Enter this batter into the baking pan.
8. Cook the contents in the oven for 35 mins then let it cool.
9. Now get the following boiling: evaporated milk, brown sugar, and 1/3 C. butter.
10. Once the mix is boiling set the heat to low and let it gently cook for 7 mins. Now shut the heat and add the vanilla.
11. Top your date pudding with the sauce.
12. Enjoy.

French Bread Pudding



Prep Time: 15 mins



Total Time: 1 hr 25 mins

Servings per Recipe: 16

Calories 540 kcal

Fat 27.8 g

Carbohydrates 68.2g

Protein 7.1 g

Cholesterol 103 mg

Sodium 329 mg

Ingredients

- 1/4 C. butter, melted
- 2 C. half -and -half
- 2 C. milk
- 1 (1 lb) loaf soft French bread, torn into small pieces
- 3 eggs, lightly beaten
- 3 C. white sugar
- 4 tsps vanilla extract
- 1 1/2 tsps ground cinnamon
- 1/4 C. raisins, or more to taste (optional)
- 1/2 lb unsalted butter
- 1 C. heavy cream
- 1 C. brown sugar
- 1/2 C. diced toasted pecans

Directions

1. Coat a casserole dish with 1/4 C. melted butter. Then set your oven to 325 degrees before doing anything else.
2. Get a bowl, combine: bread and half and half.
3. Leave the mix to sit for 15 mins then stir it slightly.
4. Add the eggs and whisk everything until it is smooth.
5. Now combine in the raisins, sugar, cinnamon, and vanilla. Add these ingredients one by one then stir the mix and add the next.
6. Add everything to a casserole dish and cook the mix in the oven for 55 mins.
7. Now get the following boiling: brown sugar, 1/2 lb butter, and heavy cream.
8. Once the mix is boiling set the heat to low and add the pecans.
9. Let the contents cook with low heat for 7 more mins then add this mix on top of the bread.
10. Enjoy.

PISTACHIO Pudding



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 136 kcal

Fat 4.3 g

Carbohydrates 20.2g

Protein 4.2 g

Cholesterol 4 mg

Sodium 244 mg

Ingredients

1 (1 oz.) package instant sugar-free pistachio pudding mix
1 (8 oz.) container plain low-fat yogurt
1 (8 oz.) container vanilla low-fat yogurt

1 (8 oz.) can unsweetened crushed pineapple, undrained
1 C. frozen whipped topping, thawed

Directions

1. Get a bowl, combine: pineapple, pudding mix, yogurt, and vanilla yogurt.
2. Combine everything until it is smooth then add in the whipped topping.
3. Place a covering of plastic around the bowl and put everything in the fridge until it is cold.
4. Enjoy.

Custard Pudding



Prep Time: 10 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 12

Calories 226 kcal

Fat 11.2 g

Carbohydrates 27.3g

Protein 5.2 g

Cholesterol 92 mg

Sodium 162 mg

Ingredients

1 quart half - and - half
4 large eggs
1 C. white sugar
1 tsp vanilla extract
1/4 tsp salt

4 slices bread
1/4 C. raisins, or to taste
1 pinch ground cinnamon, or to taste

Directions

1. Set your oven to 300 degrees before doing anything else.
2. Blend the following until it is smooth: salt, half and half, vanilla extract, eggs, and sugar.
3. Now layer your bread in a casserole dish once it is smooth.
4. Top the bread with cinnamon and raisins.
5. Cover everything with the egg mix. Then add the dish to a roasting pan and fill the pan halfway with water.
6. Cook your pudding in the oven for 90 mins.
7. Enjoy.

DATE Pudding



Prep Time: 40 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 551 kcal

Fat 32.7 g

Carbohydrates 64.4g

Protein 4.6 g

Cholesterol 124 mg

Sodium 335 mg



Ingredients

1 C. flour	2 eggs
1 tsp baking powder	1 C. heavy cream
2 1/2 oz. dark chocolate, grated	1 C. firmly packed brown sugar
7 oz. diced pitted dates	1 C. butter
1 1/4 C. water	2 tbsps confectioners' sugar for dusting
1 tsp baking soda	3 C. vanilla ice cream
1/4 C. softened butter	
3/4 C. superfine (castor) sugar	

Directions

1. Coat a muffin pan with oil then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: chocolate, flour, and baking powder.
3. Now get your dates boiling in water then shut the heat and add in the baking soda.
4. Let the date mix sit for 7 mins then add it to a blender. Puree the date mix then place it to the side.
5. Now get a 2nd bowl and combine: sugar and butter. Mix everything until it is creamy. Slowly add in your eggs one by one then add the flour and date mix.
6. Mix everything until it is all smooth then evenly divide the mix between the sections of your muffin tin. Cook the pudding in the oven for 30 mins.
7. At the same time heat the following: 1 C. butter, cream, and brown sugar.
8. Once the butter melts shut the heat.
9. Let the pudding cool then take everything out of the tins and place them on a cookie sheet. Add 2 tbsp of your butter mix over the puddings and cook everything in the oven for 7 more mins.
10. Top each pudding with 1/4 C. of ice cream, confectioners' and more butter mix when serving. Enjoy.

Whipped Banana Pudding

 Prep Time: 15 mins
 Total Time: 1 hr

Servings per Recipe: 15

Calories	408 kcal
Fat	25.2 g
Carbohydrates	39.3g
Protein	6.7 g
Cholesterol	41 mg
Sodium	188 mg

Ingredients

2 C. flaked coconut	6 C. cold milk
2 C. all-purpose flour	3 bananas, sliced
1 C. butter, softened	1 (8 oz.) container frozen whipped topping, thawed
1/2 C. white sugar	
2 (5 oz.) packages instant banana pudding mix	

Directions

1. Set your oven to 150 degrees before doing anything else.
2. Get a bowl, combine: sugar, butter, flour, and coconut. Use your hands to work the mix until it is crumbly.
3. Now lay the mix onto a cookie sheet.
4. Cook everything in the oven for 50 mins.
5. Make your pudding with the cold milk (follow the directions). Then get a casserole dish and crumble 2/3 of the coconut mix onto the bottom of the dish. Then layer your pudding over the mix.
6. Add your banana pieces and the whipped topping.
7. Then top everything with the rest of the crust.
8. Place the mix in the fridge until it is cold.
9. Enjoy.

RAISIN Plum Cake



Prep Time: 25 mins



Total Time: 2 hrs

Servings per Recipe: 14

Calories 301 kcal

Fat 14.2 g

Carbohydrates 42.8g

Protein 4.4 g

Cholesterol 66 mg

Sodium 309 mg



Ingredients

2/3 C. raisins	3/4 C. butter, softened
3/4 C. all-purpose flour	1 1/2 C. white sugar
3/4 C. whole wheat flour	3 eggs
2 tsps baking soda	2 C. applesauce
1/4 tsp salt	1/2 C. coarsely diced walnuts
1 tbsp ground cinnamon	
1/2 tsp ground nutmeg	
1/3 C. cocoa	

Directions

1. Let your raisins sit in boiling water for 7 mins then remove all the liquids.
2. Now coat a tube pan with oil and flour and set your oven to 350 degrees before doing anything else.
3. Get a bowl, sift: cocoa, flour, nutmeg, wheat flour, cinnamon, salt, and baking soda.
4. Get a 2nd bowl, mix: sugar and butter.
5. Stir the mix until it is creamy. Then whisk your eggs into the mix and add the applesauce.
6. Gradually combine both bowls then add the walnuts and raisins.
7. Enter the mix into your tube pan and cook the contents in the oven for 1 hour and 20 mins.
8. Before serving, let the pudding cook for 15 mins then place it in the fridge until it is cold.
9. Enjoy.

Vanilla Quinoa Pudding

 Prep Time: 5 mins
 Total Time: 35 mins

Servings per Recipe: 15

Calories	269 kcal
Fat	6 g
Carbohydrates	46g
Protein	9.2 g
Cholesterol	14 mg
Sodium	162 mg

Ingredients

1 1/2 C. water	1/2 tbsp butter
3/4 C. quinoa, rinsed	1/2 tsp vanilla extract
2 C. whole milk	
2 ripe bananas	
2 tbsps white sugar	
salt to taste	

Directions

1. Get your quinoa boiling in water, place a lid on the pot, set the heat to low, and let the quinoa simmer for 17 mins.
2. Blend the following with a blender: salt, milk, sugar, and bananas.
3. Pulse the mix until it is smooth.
4. Combine the milk mix with the quinoa and heat the contents, while stirring, for 7 mins.
5. Now shut the heat and add in the vanilla and butter.
6. Enjoy.





BREAD Pudding



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 8

Calories 404 kcal

Fat 17.1 g

Carbohydrates 58.9g

Protein 6.4 g

Cholesterol 100 mg

Sodium 365 mg

Ingredients

3 eggs

1 C. white sugar

1 (8 oz.) can crushed pineapple in juice,
undrained

1/2 C. butter, melted

1/2 C. raisins (optional)

1/4 C. diced walnuts (optional)

12 slices bread, cut into 1/2-inch pieces

1 tbsp brown sugar

Directions

1. Coat a casserole dish with oil then set your oven to 350 degrees before doing anything else.
2. Get a bowl, mix: sugar and eggs. Then add in walnuts, pineapple, raisins, and butter.
3. Add in the bread and mix everything until it is smooth.
4. Enter everything into your casserole dish and top the mix with brown sugar.
5. Cook the contents in the oven for 50 mins.
6. Enjoy.

Holiday Pudding



Prep Time: 20 mins



Total Time: 3 hrs 20 mins

Servings per Recipe: 8

Calories 489 kcal

Fat 23.4 g

Carbohydrates 65.1g

Protein 7.1 g

Cholesterol 105 mg

Sodium 498 mg

Ingredients

- 1 1/2 C. self-rising flour
- 1 C. white sugar
- 1 tsp ground cinnamon
- 2 eggs, beaten
- 1/4 C. melted butter
- 1/2 C. prepared mincemeat pie filling
- 1/2 C. whole cranberry sauce
- 1/2 C. pumpkin puree
- 1 (8 oz.) container sour cream
- 1 (8 oz.) package cream cheese
- 1/3 C. confectioners' sugar

Directions

1. Coat a lidded pudding mold with oil.
2. Now get a bowl, mix: pumpkin, eggs, cranberry sauce, butter, and mincemeat.
3. Get a 2nd bowl, sift: cinnamon, flour, and sugar.
4. Combine both bowls then enter everything into the pudding mold.
5. Add a rack to a saucepan then fill the pan with water to the halfway mark.
6. Get the water boiling then place the mold on top of the rack. Let the mix steam for 2.5 hrs.
7. Then let the pudding sit for 15 mins.
8. Now blend the following: confectioners', cream cheese, and sour cream.
9. Top your pudding with this mix.
10. Enjoy.

PUDDING Cake



Prep Time: 15 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 18

Calories 222 kcal

Fat 8.3 g

Carbohydrates 35.2g

Protein 2.6 g

Cholesterol 32 mg

Sodium 203 mg

Ingredients

1 (18.25 oz.) box yellow cake mix

1 C. water

1/3 C. vegetable oil

3 eggs

5 C. diced rhubarb

1 C. white sugar

1 tsp cinnamon

1 C. hot water

Directions

1. Coat a cake pan with oil and flour then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine, with a mixer, for 3 mins: eggs, cake mix, veggie oil, and 1 C. water.
3. Enter everything into the cake pan and add your rhubarb, sugar and 1 C. of hot water on top of the batter.
4. Cook the cake in the oven for 60 mins.
5. Enjoy.

Orange and Currant Pudding



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 6

Calories 308 kcal

Fat 8.8 g

Carbohydrates 55.4g

Protein 4.2 g

Cholesterol 24 mg

Sodium 614 mg

Ingredients

- 1/4 C. butter
- 1/3 C. brown sugar
- 1 C. milk
- 12 dates, pitted and diced
- 1/2 C. raisins
- 1/4 C. dried currants
- 1/4 C. candied mixed fruit peel, diced
- 1 orange, zested
- 1 tsp baking soda
- 1 C. self-rising flour
- 2 tsps ground cinnamon
- 1 pinch salt

Directions

1. Coat a pudding mold with oil. Then get the following boiling: orange zest, butter, mixed fruit peel, sugar, currants, raisins, milk, and dates.
2. Once the mix is boiling shut the heat and sift in: salt, cinnamon, and flour.
3. Stir the mix, then enter everything into the mold.
4. Wrap the mold with a double layering of oiled wax paper then steam the mix for 2 hrs.
5. Enjoy.

GINGER

Molasses Pudding



Prep Time: 15 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 4

Calories 243 kcal

Fat 3.8 g

Carbohydrates 45.9g

Protein 6.9 g

Cholesterol 15 mg

Sodium 374 mg

Ingredients

3 C. milk

1/3 C. cornmeal

1/4 C. dark molasses

1/4 C. white sugar

1/2 tsp salt

1/2 tsp ground ginger

1/2 tsp ground cinnamon

Directions

1. Coat a casserole dish with butter then set your oven to 275 degrees.
2. Heat your milk until it begins to bubble then add the molasses and cornmeal. Continue heating everything, while stirring for 12 more mins.
3. Now shut the heat and add in: cinnamon, sugar, ginger, and salt.
4. Enter the mix into your casserole dish and cook everything in the oven for 2 hrs.
5. Enjoy.

Raspberries Banana Pudding



Prep Time: 25 mins



Total Time: 30 mins

Servings per Recipe: 10

Calories 524 kcal

Fat 23.8 g

Carbohydrates 73.7g

Protein 7.3 g

Cholesterol 38 mg

Sodium 368 mg

Ingredients

- 2 C. water
- 1 (14 oz.) can sweetened condensed milk (such as Eagle Brand(R))
- 1 (3.5 oz.) package instant vanilla pudding mix
- 3 C. frozen whipped topping (such as Cool Whip(R)), thawed
- 1 (8 oz.) package cream cheese, softened
- 1 (12 oz.) package vanilla wafer cookies
- 4 bananas, sliced
- 1 1/2 C. sliced fresh strawberries
- 1/4 C. fresh blueberries
- 1/4 C. fresh raspberries

Directions

1. Get a bowl, combine: pudding mix, water, and condensed milk.
2. Stir the mix until it is smooth for 4 mins.
3. Now place the mix in the fridge for 10 mins.
4. Get a bowl, combine: cream cheese and whipped topping.
5. Add in the pudding mix and get everything smooth.
6. Get a 2nd bowl and layer your wafers, strawberries, and bananas.
7. Top the fruits with the pudding then continue layering the rest of the ingredients.
8. Enjoy.

LEMON

Suet Pudding



Prep Time: 10 mins

Total Time: 2 hrs 10 mins

Servings per Recipe: 15

Calories 289 kcal

Fat 13.1 g

Carbohydrates 40.6g

Protein 2.9 g

Cholesterol 10 mg

Sodium 105 mg

Ingredients

- 1 C. milk
- 1 tsp lemon juice
- 1 C. diced suet
- 1 C. molasses
- 1 tsp baking soda
- 2 C. all-purpose flour
- 1 C. raisins
- 1 egg white, beaten
- 9 tbsps confectioners' sugar
- vanilla extract to taste

Directions

1. Combine the lemon juice with the milk.
2. Get a bowl, combine: raisins, suet, flour, molasses, baking soda, and milk lemon mix.
3. Enter the mix into a pudding mold and steam it for 2 hrs with no cover.
4. Now heat the following in a pot: vanilla, egg whites, and confectioners.
5. Continue heating everything until it is smooth then then top the pudding with the vanilla mix.
6. Enjoy.

Vanilla Cinnamon Eggnog Pudding



Prep Time: 10 mins



Total Time: 3 hrs 10 mins

Servings per Recipe: 6

Calories 154 kcal

Fat 2.8 g

Carbohydrates 28.8g

Protein 4.1 g

Cholesterol 10 mg

Sodium 394 mg

Ingredients

- 1 (5.1 oz.) package instant vanilla pudding mix
- 4 dashes ground cinnamon
- 2 dashes ground nutmeg
- 2 dashes ground cloves
- 1 pinch ground ginger
- 3 C. cold milk

Directions

1. Get a bowl, combine: ginger, cinnamon, cloves, and nutmeg.
2. Stir the mix then add in the milk.
3. Continue mixing everything for 4 mins until it all is smooth.
4. Now divide the pudding between serving bowls and chill them in the fridge for 3 hrs.
5. Enjoy.

MOLASSES and Cranberry Pudding



Prep Time: 25 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 10

Calories 327 kcal

Fat 13.8 g

Carbohydrates 49.6g

Protein 2.4 g

Cholesterol 41 mg

Sodium 256 mg



Ingredients

- 2 C. cranberries, cleaned
- 1 1/2 C. all-purpose flour
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/3 C. boiling water
- 1/2 C. molasses
- 1 C. white sugar
- 1/2 C. butter, softened
- 1/2 C. heavy whipping cream
- 1 tsp vanilla extract

Directions

1. Coat a clean coffee can with oil.
2. Get a bowl, sift: salt and flour.
3. Dredge your cranberries with this mix.
4. Now get your water boiling and add in the molasses.
5. Stir and let the mix get foamy. Add this mix to the flour mix then pour everything into your coffee can.
6. Place a covering of foil around the can and tie it with a string.
7. Now add some water to a saucepan until half of it is filled.
8. Get this water boiling then place the coffee can in the boiling water.
9. Place a lid on the pot, set the heat to low, and let the can sit in the simmering water for 65 mins.
10. Now take out the coffee can and let the contents sit until they are chilled.
11. Get a bowl, combine: cream, butter, and sugar.
12. Pour this mix into a saucepan and heat it until it is thick while also stirring.
13. Shut the heat and add in the vanilla.
14. Cut your pudding into half an inch slices then top each one with the cream sauce.
15. Enjoy.

Cracker Pudding Pennsylvania Style

 Prep Time: 15 mins
 Total Time: 25 mins

Servings per Recipe: 6
Calories 328 kcal
Fat 11 g
Carbohydrates 47.4g
Protein 10 g
Cholesterol 75 mg
Sodium 375 mg

Ingredients

2 eggs, separated
1/2 C. white sugar
4 C. milk
1 C. flaked coconut

2 C. crushed saltine crackers
1 tsp vanilla extract

Directions

1. In a bowl, add sugar and the egg yolks and beat till pale yellow and fluffy.
2. In a large pan, heat the milk on medium heat and add the sugar mixture, beating continuously, then boil for about 1 minute.
3. Stir in the cracker crumb and coconut and bring to a boil.
4. Reduce the heat to low and simmer for about 5 minutes.
5. In another bowl, add the egg whites and beat till a stiff peaks form.
6. Gently, fold the egg whites and vanilla extract in the cracker pudding.
7. This pudding can be served warm and chilled as well.





SWEET

Cereal Pudding



Prep Time: 20 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 253 kcal

Fat 4.5 g

Carbohydrates 46.6g

Protein 8.2 g

Cholesterol 72 mg

Sodium 190 mg

Ingredients

1 C. wheat and barley nuggets cereal

3/4 C. white sugar

3 C. milk

2 eggs, beaten

1 tsp vanilla extract

1/4 tsp ground nutmeg

Pinch of salt

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Lightly, grease a large baking dish.
3. Arrange a damp kitchen towel in a large roasting pan.
4. Now, place the baking dish over the towel in the roasting pan.
5. In a large bowl, add all the ingredients and mix till well combined.
6. Keep everything aside for at least 15 minutes.
7. Transfer the mixture into the prepared baking dish evenly.
8. Pour boiling water into the roasting pan about halfway up the sides of the baking dish.
9. Arrange the roasting pan on oven rack.
10. Bake everything for about 50 minutes or till a toothpick inserted in the center comes out clean.

Pudding Salad



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 247 kcal

Fat 7.4 g

Carbohydrates 47.1g

Protein 2 g

Cholesterol 0 mg

Sodium 221 mg

Ingredients

- 1 (20 oz.) can pineapple chunks with juice
- 1 C. mandarin oranges with juice
- 1 C. miniature marshmallows
- 1 large banana, sliced
- 1 (3.4 oz.) package instant lemon pudding mix
- 1/2 C. diced pecans

Directions

1. Squeeze out the juice you're your oranges and pineapple then combine everything with the pudding.
2. Continue mixing until everything is smooth. Then add in the mini marshmallows, pecans, pineapple, banana, and oranges.
3. Place a covering of plastic on the bowl and put everything in the fridge until it is all cold.
4. Enjoy.

RAISIN Pudding



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 10

Calories 194 kcal

Fat 1.5 g

Carbohydrates 44.3g

Protein 2 g

Cholesterol 4 mg

Sodium 71 mg

Ingredients

1 C. all-purpose flour
1/3 C. white sugar
1 tsp baking powder
1/2 C. raisins
1/2 C. milk

1 C. packed brown sugar
2 C. boiling water
1 tbsp butter
1 tsp vanilla extract

Directions

1. Set your oven to 350 degrees F before doing anything else and grease a large casserole dish with some melted butter.
2. In a bowl, sift together the flour, white sugar and baking powder.
3. Add the milk and raisins and stir to combine well.
4. Transfer the mixture into the prepared casserole dish evenly.
5. In a bowl, mix together the remaining ingredients and place the mixture over the flour mixture evenly.
6. Cook everything in the oven for about 30 minutes and serve warm.

Grape Nut Pudding New England Style



Prep Time: 5 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 1

Calories 324.0

Fat 4.0g

Cholesterol 11.3mg

Sodium 394.4mg

Carbohydrates 68.2g

Protein 8.9g

Ingredients

5 C. milk

4 eggs

11 tbsp sugar

1 tsp vanilla

1/4 tsp salt

1/2 C. Post Grape-Nuts cereal

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a bowl, add all the ingredients and with a hand beater, beat till well combined.
3. Transfer the mixture into a 12x9 -inch baking dish and Cook everything in the oven for about 1 hour.

PUDDING Pie



Prep Time: 7 mins



Total Time: 7 mins

Servings per Recipe: 8

Calories 250.7

Cholesterol 81.5mg

Sodium 196.2mg

Carbohydrates 12.8g

Protein 1.2g

Ingredients

1 pint heavy whipping cream
1 (3 1/2 oz.) boxes instant pudding mix,
any flavor

Directions

1. In a chilled metal bowl, add whipping cream and beat till it just starts to thicken.
2. Slowly, add the pudding mix, and beat everything continuously till the mixture becomes thick.
3. (If you like fruity fillings then fold your favorite fruit into the cream before it becomes thick).

Rice Pudding with Cherry Sauce



Prep Time: 15 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 566.2

Cholesterol 124.9mg

Sodium 289.7mg

Carbohydrates 46.2g

Protein 9.9g

Ingredients

- 4 C. whole milk
- 2/3 C. pearl rice
- 1/2 tsp salt
- 1 1/2 tsps pure vanilla extract
- 2 C. heavy whipping cream
- 1/2 C. granulated sugar
- 1/2 C. sliced almonds, toasted
- 1 (16 oz.) cans cherries in juice
- 1 tbsp cornstarch
- 1/3 C. water

Directions

1. For the rice, in a medium pan, bring milk to a boil on medium-heat and, stir in the rice and salt.
2. Reduce the heat to low and simmer, covered, for about 50 minutes or till done completely.
3. Transfer the rice into a heat-proof bowl and cover slightly with plastic wrap and refrigerate to cool.
4. Meanwhile in a bowl, add whipping cream, sugar and vanilla.
5. Beat the mix till stiff peaks form.
6. Add the cream mixture into the bowl of rice and stir to combine and again refrigerate.
7. For the Cherry sauce, in a pot bring the cherries to a boil on medium-high heat.
8. Meanwhile in a bowl, mix together cornstarch and water and add in the cherries, stirring continuously.
9. Cook, stirring continuously, for about 1 minute or till mixture becomes thick and refrigerate to cool completely.
10. Before serving, place the cherry sauce over the rice mixture and serve with a garnishing of almonds.

AVOCADO Coconut Pudding



Prep Time: 10 mins

Total Time: 3 hrs 10 mins

Servings per Recipe: 6

Calories 261 kcal

Fat 17 g

Carbohydrates 30.6g

Protein 2.2 g

Cholesterol 0 mg

Sodium 25 mg

Ingredients

2 avocados, peeled, pitted, and diced

3/4 C. sweetened cream of coconut

5 tbsps cocoa powder



1/2 tsp ground cinnamon

1/4 tsp cayenne pepper

Directions

1. Add the following to the bowl of a blender and process the mix until it is pudding like: cayenne, avocados, cinnamon, coconut, and cocoa.
2. Pour everything into a bowl and place a covering of plastic on the bowl. Place the mix in the fridge for 3 hrs.
3. Enjoy.

Budin (Pudding in Puerto Rico)

 Prep Time: 30 mins
 Total Time: 5 hrs

Servings per Recipe: 10
Calories 488 kcal
Fat 15.8 g
Carbohydrates 74.9g
Protein 13.1 g
Cholesterol 116 mg
Sodium 656 mg

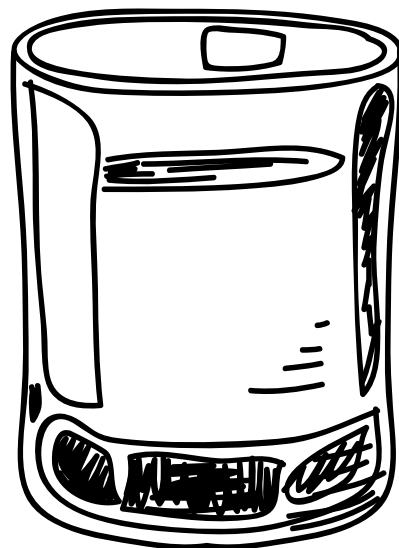
Ingredients

1 C. water	4 C. evaporated milk
2 (3 inch) cinnamon sticks	4 eggs
15 whole cloves	1 1/2 C. white sugar
1 tsp anise seed	1 tsp vanilla extract
2 tbsps water	3/4 tsp salt
1/2 C. white sugar	1/4 C. butter, melted
1 (1 lb) loaf day-old bread, crusts removed, cubed	



Directions

1. Get 1 C. of water boiling then combine in the anise seeds, cinnamon sticks, and cloves.
2. Let this boil for 1 min then place a lid on the pot and shut the heat.
3. Let the contents stand on the stove for 20 mins.
4. At the same time stir and heat the following until the mix is smooth: 1/2 C. sugar and 2 tbsps water.
5. Once the mix begins to boil stop stirring and let the mix become a caramel color.
6. Once the sugar becomes a caramel color pour it into a bread pan and let it get hard.
7. Now set your oven to 350 degrees before doing anything else.
8. Add your bread cubes to a bowl and grab a sieve.
9. Pour the cinnamon water into the bowl through the sieve.
10. Now add the evaporated milk and stir the contents and let them sit for 12 mins.
11. Get a 2nd bowl, combine: melted butter, beaten eggs, salt, 1.5 C. sugar, and vanilla extract.
12. Combine both bowls then place the mix into the bread pan.
13. Now grab a roasting pan and place a towel in it. Then place the bread pan on top of the towel.

14. Add in some boiling water to the roasting pan to the halfway mark then place everything in the oven.
15. Cook the bread in the oven for 75 mins.
16. Now let the mix sit for 60 mins and then place it in the fridge for 3 hrs.
17. Place the pan on a serving dish upside down to invert the bread.
18. Enjoy.



Flan de Mango (Mango Pudding)

 Prep Time: 15 mins
 Total Time: 1 hr

Servings per Recipe: 12
Calories 259 kcal
Fat 7 g
Carbohydrates 42.7g
Protein 7.3 g
Cholesterol 110 mg
Sodium 99 mg

Ingredients

1 C. white sugar	1 C. evaporated milk
1 tbsp lemon juice	6 eggs, beaten
2 C. pureed mango	1 pinch salt
1 (14 oz.) can sweetened condensed milk	
2 tbsps cornstarch	
1 tbsp rum (optional)	

Directions

1. Add about 1.5 inches of water to a casserole dish then set your oven to 350 degrees before doing anything else.
2. Now heat and stir the lemon juice and sugar until it becomes a caramel color then add the mango, salt, condensed milk, eggs, cornstarch, evaporated milk, and rum.
3. Place the pan into the casserole dish and cook everything in the oven for 50 mins.
4. Let the contents cool.
5. Enjoy.





NUTELLA

Pudding



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 2

Calories 459 kcal

Carbohydrates 26.2g

Cholesterol 41 mg

Fat 31.7 g

Protein 30 g

Sodium 209 mg

Ingredients

1/2 cup skinned hazelnuts
1 cup low-fat ricotta cheese
3 tbsps cocoa powder (such as Callebaut)

2 tbsps stevia powder
1/2 scoop vanilla whey protein powder
1 tsp vanilla extract

Directions

1. First, preheat your oven to 375 degrees and spread hazelnuts on a baking sheet before continuing.
2. Now place this baking sheet into the microwave oven for about 12 minutes and let it cool down.
3. Now put hazelnuts, stevia, ricotta, cocoa powder, vanilla protein powder and vanilla in the blender and blend until smooth.

Proper Carrot Pudding



Prep Time: 20 mins



Total Time: 4 hrs 20 mins

Servings per Recipe: 12

Calories 372 kcal

Fat 16.6 g

Carbohydrates 55.3g

Protein 3.7 g

Cholesterol 3 mg

Sodium 269 mg

Ingredients

- 1/2 C. shortening
- 1 C. white sugar
- 1 1/2 C. all-purpose flour
- 1 tsp baking soda
- 3/4 tsp salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1/2 tsp ground cloves
- 1 C. grated carrots
- 1 C. raisins
- 1 C. diced walnuts
- 3/4 C. white sugar
- 1 1/2 tsps cornstarch
- 1 pinch salt
- 1 1/4 C. hot water
- 3 1/2 tsps butter
- 3 1/2 tsps lemon juice
- 1 1/2 tsps vanilla extract

Directions

1. Get a bowl, mix: 1 C. of sugar and shortening. Then add: cloves, flour, nutmeg, baking soda, cinnamon, and salt. Mix everything nicely. Now add: walnuts, raisins and carrots.
2. Put everything in an oiled pudding mold. Wrap foil around the mold.
3. Get a Dutch oven and pour in about 3 inches of water then put the mold inside the pot as well. Place a lid on the pot and get the water boiling. Lower the heat to a light simmer and let it cook for 4.5 hours.
4. To make a lemon topping add the following to a large pan: salt, 3/4 C. of sugar, and cornstarch.
5. Add in vanilla, hot water, lemon juice, and butter. Warm everything with a low to medium level of heating until it becomes a glaze.
6. Now put your pudding in a storage container or a bowl and before eating it garnish the pudding with some lemon topping.
7. Enjoy.

YORKSHIRE Pudding



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 12

Calories 83 kcal

Fat 3.7 g

Carbohydrates 9g

Protein 3.3 g

Cholesterol 53 mg

Sodium 40 mg

Ingredients

3 eggs
1 C. milk
1 C. all-purpose flour

2 tbsps butter

Directions

1. Set your oven to 375 degrees before doing anything else.
2. Get a bowl, mix: milk, whisked eggs, and flour. Put everything to the side.
3. Put half a tsp of butter into each section of a muffin pan. Then melt the butter for 6 mins in the oven.
4. Split your mixture in the bowl amongst the muffin tin sections and for 6 mins cook the muffins in the oven.
5. Then set the temperature to 350 degrees and cook for another 26 mins.
6. Enjoy.

Chocolate-Orange Rice Pudding



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 8

Calories 356 kcal

Carbohydrates 60.6 g

Cholesterol 13 mg

Fat 9.7 g

Protein 8.3 g

Sodium 72 mg

Ingredients

5 1/2 cups milk
1 cup Arborio rice
2/3 cup white sugar
2 tbsps orange juice
1 1/2 tsps grated orange zest
2 tbsps orange liqueur

1 tbsp unsweetened cocoa powder
1 cup semisweet chocolate chips

Directions

1. Mix rice, orange zest, milk and orange juice in a pan and bring it to a boil before turning down the heat to medium and cooking for another 40 minutes or until the rice is tender.
2. Add orange liqueur and cocoa powder into the rice mixture after removing it from the heat.
3. Also add some chocolate chips and let it melt.
4. Serve.

BREAD

Pudding II



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 12

Calories 165

Fat 4.8g

Cholesterol 70mg

Sodium 140mg

Carbohydrates 26.5g

Protein 4.6g

Ingredients

6 day-old bread slices, torn into small pieces

2 tbsp butter, melted

½ C. black raisins

2 C. milk

4 eggs, beaten

¾ C. white sugar

1 tsp vanilla extract

1 tsp ground cinnamon

Directions

1. Set your oven to 350 degrees F. Lightly, grease a square baking dish.
2. Place the torn bread in the bottom of prepared baking dish.
3. Drizzle with butter and top with raisins evenly.
4. In a bowl, add remaining ingredients and mix till well combined.
5. Place the egg mixture over raisins evenly.
6. Bake for about 45 minutes or till top becomes golden brown.

Milk Pudding with Honey Sauce

 Prep Time: 5 mins

 Total Time: 25 mins

Servings per Recipe: 2

Calories 805.5

Fat 13.4g

Cholesterol 51.2mg

Sodium 188.5mg

Carbohydrates 162.1g

Protein 12.1g

Ingredients

1 2/3 C. water
1 C. sugar
1 tbsp honey
red food coloring
1/2 C. water
10 tbsp cornstarch

3 C. milk
vanilla

Directions

1. Place a heavy saucepan over medium heat. Stir in it the water with sugar, honey and few drops of red food coloring.
2. Bring them to a rolling boil for 7 to 8 min. Turn off the heat and let place the syrup aside to cool down.
3. Place another heavy saucepan over medium heat: Whisk in it the water with milk and cornstarch.
4. Stir in the vanilla and cook them until they start boiling. Lower the heat and let them cook until the mixture becomes slightly thick.
5. Divide the pudding between serving C. or bowls. Place them aside until they cool down completely.
6. Place the pudding C. in first to set for 90 min.
7. Drizzle the syrup over the pudding C. then serve them.
8. Enjoy.

MAJA

Blanca Maiz (Corn Pudding)



Prep Time: 5 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 10

Calories 239 kcal

Carbohydrates 41.1 g

Cholesterol 0 mg

Fat 8.4 g

Protein 2.4 g

Sodium 121 mg

Ingredients

1 2/3 C. coconut milk

1 (14.5 ounce) can cream-style corn



1 C. rice flour

1 C. white sugar

Directions

1. Mix all the ingredients mentioned above thoroughly in a pan over medium heat and cook for 30 minutes or until the required thickness is achieved.
2. Now pour everything into a serving platter and let it cool.
3. Serve.

Creamy Apricot Pudding

 Prep Time: 15 mins
 Total Time: 45 mins

Servings per Recipe: 4

Calories	349.4
Fat	9.5g
Cholesterol	36.3mg
Sodium	171.3mg
Carbohydrates	56.0g
Protein	9.5g

Ingredients

1/3 C. white rice	1 tsp vanilla
3 1/2 C. milk	1 tbsp rose water
1 1/2 C. water	1 pinch salt
4 tbsp Nestle sweetened condensed milk	6 tsp apricot marmalade
5 tbsp sugar	
4 tbsp cornstarch	

Directions

1. Place a saucepan over medium heat. Stir in it the water with rice and a pinch of salt.
2. Let them cook for 32 min over low heat. Discard the excess water.
3. Place a saucepan over medium heat: Stir in it the milk, sugar, corn starch, condensed milk, vanilla, rosewater.
4. Cook them until they start boiling over high heat. Lower the heat and stir in the cooked rice.
5. Let the rice cook until it becomes thick while stirring it all the time.
6. Allow the rice pudding to cool down completely. Garnish it with the apricot marmalade then serve it.
7. Enjoy.

YIN YANG Pudding



Prep Time: 10 mins



Total Time: 1 d 1 h 55 m

Servings per Recipe: 12

Calories 389 kcal

Fat 3.1 g

Carbohydrates 87.5g

Protein 7.6 g

Cholesterol 0 mg

Sodium 24 mg

Ingredients

For the Pudding:

1/2 C dry garbanzo beans

1/2 C dry white beans

2 C fine bulgur

1/2 C raisins

15 C water

3 C white sugars

1/4 C dried apricots

1/4 C orange peel, chopped

5 whole cloves

For Garnish:

2 tbsp sesame seeds, toasted

2 tbsp chopped walnuts

2 tbsp chopped pistachio nuts



2 tbsp dried currants

1 tbsp ground cinnamon

Directions

1. Place each of the garbanzo beans, white beans, bulgur, and raisins in a bowl of their own then cover them with water.
2. Place them aside to sit for 12 h. Get a large saucepan: stir in the white beans with garbanzo beans and cover them with water.
3. Cook them until they start boiling. Lower the heat and cook them for 1 h to 1 h 30 min while removing the foam that rises on top.
4. Get another large saucepan: place in it the wheat with 15 C of water then cook it until it starts boiling.
5. Lower the heat and cook it for 15 min while removing the foam that rises on top. Add the sugar to the cooking wheat then cook it until it starts boiling again.
6. Remove the beans mix from the water and add it to the saucepan with the wheat and sugar. Add the raisins, apricots, orange peel, and cloves. Lower the heat and cook them for an extra 16 min.
7. Spoon the mix into serving bowl then top them with some nuts like toasted sesame seeds, chopped walnuts, chopped pistachios, currants, and cinnamon.
8. Place the pudding bowls in the fridge to cool down completely then serve it. Enjoy.

Leila's Dessert (Pudding)

 Prep Time: 15 mins
 Total Time: 50 mins

Servings per Recipe: 6

Calories	519.5
Fat	23.9g
Cholesterol	0.0mg
Sodium	118.3mg
Carbohydrates	72.5g
Protein	12.1g

Ingredients

1/2 lb. dates, pitted and finely chopped	4 egg whites, stiffly beaten
1 C. sugar	
1 C. almonds, blanched & chopped	
1 C. unsalted dry roasted peanuts	

Directions

1. Before you do anything, preheat the oven to 325 F.
2. Get a mixing bowl: Combine in it the dates, sugar, almonds, and peanuts.
3. Add the egg whites and combine them well. Pour the mixture into a greased baking pan.
4. Bake it for 36 to 42 min. Serve it hot with extra toppings of your choice.
5. Enjoy.





VANILLA Delight



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 5

Calories 481.6

Fat 9.4g

Cholesterol 34.6mg

Sodium 111.7mg

Carbohydrates 90.9g

Protein 9.5g

Ingredients

4 C. milk	5 oz. Nestle cream
3/4 C. farina	1 1/2 C. water
1 tsp vanilla	1 1/2 C. sugar
Mastic, 2 pcs.	toasted coconut
8 oz. whipped cream	

Directions

1. To make the syrup
2. Place a heavy saucepan over medium heat. Stir in it the sugar with water.
3. Cook them until they start boiling. Keep it boiling for an extra 3 to 4 min. Turn off the heat and place it aside.
4. To make the Cream Layer:
5. Get a mixing bowl: Beat in it the whipped cream until it becomes light and fluffy.
6. Get another mixing bowl: Beat in the nestle cream until it becomes light.
7. Fold the whipped cream into the nestle cream then place it aside.
8. To make the bottom layer:
9. Combine in it the milk, sugar and vanilla. Cook them until they start boiling.
10. Add the farina and whisk them until they become smooth. Cook them until they start boiling.
11. Cook them for 5 to 6 min while stirring them at the same time. Turn off the heat and place the mixture aside to cool down.
12. Pour the milk pudding into serving bowls or C. Top them with the whipped cream, syrup and toasted coconut.
13. Place the delight C. in the fridge and let them sit for at least 60 min.
14. Serve your vanilla delight pudding with some of your favorite extra toppings. Enjoy.

Strawberry Pearls Pudding



Prep Time: 15 mins



Total Time: 23 mins

Servings per Recipe: 4

Calories 203.6

Fat 3.5g

Cholesterol 11.4mg

Sodium 22.7mg

Carbohydrates 43.6g

Protein 0.9g

Ingredients

2 C. water

1/3 C. tapioca

1/2 C. sugar

2 C. fresh strawberries

1 C. whipped topping

Directions

1. Place a saucepan over medium heat. Heat in it the water until it starts boiling. Stir into it the sugar with tapioca and cook them until they become thick.
2. Turn off the heat and stir into them the strawberries. Place the mix aside to lose heat completely.
3. Place the pudding in the fridge until ready to serve. Serve it with some whipped toppings.
4. Enjoy.

BROWN Vanilla Pudding



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 547.2

Fat 20.6g

Cholesterol 64.6mg

Sodium 368.7mg

Carbohydrates 81.0g

Protein 10.2g

Ingredients

4 tbsp butter
4 C. milk
1 C. brown sugar, packed
1/4 tsp salt
2/3 C. flour
2 tsp vanilla

Directions

1. Place a heavy saucepan over medium heat. Heat in it the butter until it melts. Stir in the milk and heat it through.
2. Mix in it the sugar with flour and salt while cooking them until they become thick.
3. Turn off the heat and fold the vanilla into the mix. Place the pudding aside to cool down for a while. Chill it in the fridge for 8 h.
4. Serve it with your favorite toppings.
5. Enjoy.

Vanilla Pudding



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 12

Calories 391.6

Fat 11.3g

Cholesterol 13.0mg

Sodium 234.3mg

Carbohydrates 71.0g

Protein 3.7g

Ingredients

2 C. of packed light brown sugar
2 tbsp butter
1 1/2 C. cold water
1/8 tsp salt
1 tsp vanilla extract
2 C. all-purpose white flour
1 C. granulated sugar
2 tbsp butter, melted

1 C. milk
2 tsp cinnamon
2 tsp baking powder
1/2 tsp salt
1 tsp vanilla extract
1 C. pecans, chopped

Directions

1. Before you do anything, preheat the oven to 350 F. Grease a soufflé dish.
2. Place a heavy saucepan over medium heat. Whisk in it the brown sugar with butter, water, and salt to make the sauce.
3. Cook them until they start boiling and keep them boiling for 6 min. Add the vanilla to the sauce and place it aside to cool down.
4. Get a large mixing bowl: Stir in it the flour, sugar, baking powder, cinnamon, and salt.
5. Get another mixing bowl: Whisk in it the milk, melted butter, and vanilla. Drizzle them over the flour mix while mixing them all the time.
6. Pour the batter into a greased baking pan. Pour the sauce mix over it and sprinkle the pecans on top.
7. Place the pan in the oven and let it cook for 44 min.
8. Serve your pudding with your favorite toppings.
9. Enjoy.

MACE

Pie Pudding



Prep Time: 20 mins



Total Time: 35 mins

Servings per Recipe: 1

Calories 75.3

Fat 4.5g

Cholesterol 18.5mg

Sodium 48.4mg

Carbohydrates 8.3g

Protein 0.6g

Ingredients

1 (9 inch) pie pastry	2 large eggs
1/2 C. butter, room temperature	1/2 tsp vanilla extract
1 C. granulated sugar	1/8 tsp ground mace
1 tbsp light corn syrup	
salt	

Directions

1. Before you do anything, preheat the oven to 375 F. Grease a tart pan.
2. Roll the pastry on until it becomes 1 inch thick. Cut the dough with a cookie cutter into 36 circles.
3. Place a bowl on a double boiler. Stir in it the butter, sugar, corn syrup and salt until they become creamy.
4. Mix the eggs gradually into the butter until they become frothy. Stir in the vanilla with mace.
5. Place a saucepan over a double boiler. Stir in it the sugar until it melts and become golden in color.
6. Divide the melted sugar between 36 tarts holes. Pour over them the batter. Place the tarts pans in the oven and let them cook for 18 min.
7. Allow the tarts to lose heat completely then serve them.
8. Enjoy.

Black Jam Pudding



Prep Time: 20 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 9

Calories 437.0

Fat 16.8g

Cholesterol 115.9mg

Sodium 257.8mg

Carbohydrates 70.3g

Protein 2.6g

Ingredients

- 1/2 C. butter, room temperature
- 1 C. granulated sugar
- 3 large eggs, at room temperature
- 1 C. blackberry jam
- 1 tsp baking soda
- 3 tsp sour milk
- 1/2 C. packed dark brown sugar, packed
- 1/2 C. granulated sugar
- 1/2 C. heavy cream
- 1 tsp vanilla extract
- salt

Directions

1. Before you do anything, preheat the oven to 325 F. Grease a baking pan.
2. Get a large mixing bowl: Beat in it the sugar with butter until they become light and fluffy.
3. Beat in the eggs gradually the mix becomes smooth. Add the jam and mix them well.
4. Get a small mixing bowl: Stir in it the sour milk with soda. Add them to the butter mix and beat them until they become smooth.
5. Stir the flour with cinnamon, nutmeg and salt. Add them to the butter mix and combine them well.
6. Spoon the mix into the pan and place it in the oven. Let it cook for 46 min.
7. Once the time is up, place it aside to lose heat completely.
8. Place a heavy saucepan over medium heat: Heat in it the butter until it melts. Stir in the cream with sugar and cook them until they start boiling while stirring them often.
9. Let them boil for 1 min while constantly stirring. Place the sauce aside and let it lose heat for few minutes.
10. Fold into it the vanilla with a pinch of salt. Drizzle the sauce over the cake then serve it.
11. Enjoy.

MOLASSES

Tart Pudding



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 256.0

Fat 6.4g

Cholesterol 18.0mg

Sodium 211.6mg

Carbohydrates 47.8g

Protein 2.5g

Ingredients

- | | |
|---------------------------------|-------------------------------|
| 1 C. flour | 3/4 C. boiling water |
| 1 tbsp butter | 1 tsp baking soda |
| 2/3 C. dark brown sugar | 1 prepared pie crust, unbaked |
| 1 C. dark molasses, unsulphered | |
| 1 egg | |

Directions

1. Before you do anything, preheat the oven to 350 F. Grease a pie dish.
2. Get a large mixing bowl: Combine the flour, sugar, and butter until they become crumbly.
3. Get a large mixing bowl: Whisk in it the molasses, egg and baking soda. Pour in the boiling water and whisk them well.
4. Stir in it 1/2 of the crumbled flour mix. Place the pie shell in the dish and pour the molasses filling in it.
5. Sprinkle the remaining crumbly mix on top. Place the pan in the oven and let it cook for 12 min.
6. Lower the oven temperature to 350 F. Let the tart cook for extra 32 min. Allow it to cool down completely then serve it.
7. Enjoy.

Oatmeal Pudding



Prep Time: 2 mins



Total Time: 22 mins

Servings per Recipe: 4

Calories 173.6

Fat 5.3g

Cholesterol 12.8mg

Sodium 628.0mg

Carbohydrates 24.8g

Protein 7.0g

Ingredients

1 1/2 C. rolled oats, old fashioned

1 1/2-2 C. milk

1 cinnamon stick, about 3-inch piece

1 tsp salt

Directions

1. Place a heavy saucepan over medium heat. Stir in it the oats with milk, cinnamon and salt. Cook them until they start boiling.
2. Stir into them extra milk if the mix is too dry. Lower the heat and let them cook for 22 min over low heat while stirring from time to time.
3. Serve your oatmeal warm with some chopped fruits or nuts.
4. Enjoy.

SALMA'S Rice Pudding



Prep Time: 4 mins



Total Time: 16 mins

Servings per Recipe: 6

Calories 282.4

Fat 6.6g

Cholesterol 78.4mg

Sodium 177.8mg

Carbohydrates 49.1g

Protein 6.2g

Ingredients

3/4 C. sugar	1 tbsp butter
2 tbsp cornstarch	1 tsp vanilla
1/4 tsp salt	1/2 C. raisins
2 C. milk	1 dash nutmeg
2 beaten eggs	
2 C. cooked rice	

Directions

1. In a pot, add the milk, cornstarch, sugar and salt over medium heat and cook for about 8-9 minutes, mixing continuously.
2. In a bowl, add the eggs and 2-3 tbsp of the hot milk mixture and beat vigorously until well combined.
3. Add the egg mixture into the pan, beating continuously.
4. Add the butter, raisins rice and vanilla and stir to combine.
5. Remove from the heat and keep aside for about 8-10 minutes.
6. Gently, stir the mixture and transfer into serving bowls.
7. Enjoy with a sprinkling of the nutmeg.

Ms. Fathia's Pudding



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 517.0

Fat 20.4 g

Cholesterol 0.0 mg

Sodium 65.6 mg

Carbohydrates 79.0 g

Protein 7.5 g

Ingredients

3/4 C. couscous

3/4 C. coconut

1 tbsp. corn flour

3/4 C. soymilk

3/4 C. coconut milk, lite

1/4 C. golden syrup

1/2 tsp. mixed spice
yogurt, to serve

Directions

1. Get a large bowl: Combine in it the coconut with couscous.
2. Stir in 1 1/2 C. of boiling water. Put on the lid and let them sit for 6 min.
3. Place a large saucepan over high heat. Combine in it the corn flour, spices, milk, and syrup.
4. Mix them well while cooking until the mixture becomes thick.
5. Stir it into the couscous and let it chill for 35 min. Garnish it with some nuts and serve it with some yogurt.
6. Enjoy.





CASABLANCA

Café Pudding



Prep Time: 1 hr



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 223.5

Fat 2.2 g

Cholesterol 7.8 mg

Sodium 31.8 mg

Carbohydrates 42.5 g

Protein 7.5 g

Ingredients

1/2 C. milk

3 tbsp. sugar

1/4 C. dried cherries

1 vanilla bean

1 1/2 C. couscous, steamed

8 oz. vanilla yogurt

1/4 tsp. ground cinnamon

Directions

1. Place a pot over medium heat. Stir in it the milk, sugar, and cherries.
2. Heat them until they start simmering. Turn off the heat and put on the lid.
3. Let them sit for 10 to 12 min. Add the vanilla seeds and stir them well.
4. Place the couscous in a mixing bowl. Add to it the hot milk mixture with yogurt and stir them well.
5. Spoon the pudding into serving bowls. Chill them in the fridge for at least 60 min before serving.
6. Enjoy.

Basmati Pudding London Style with Glazed Fruit



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 4

Calories 707.5

Fat 9.8g

Cholesterol 24.4mg

Sodium 262.3mg

Carbohydrates 146.6g

Protein 12.7g

Ingredients

water	2 C. water
4 tsp earl grey tea	4 C. whole milk
1 C. sugar	1/2 C. maple syrup
6 black peppercorns	1/4 tsp sea salt
1 3/4 lb. assorted plums, halved and pitted	
1 C. brown basmati rice	

Directions

1. In a small container, mix together the tea and water and refrigerate, covered overnight.
2. Through a strainer, strain the tea and discard the tea leaves.
3. In a large pan, add the sugar, tea liquid and peppercorns and bring to a boil.
4. Carefully, add the in the plums in a single layer.
5. Simmer for about 30 minutes.
6. Remove the pan from the heat and keep aside to cool until a syrup is formed.
7. Discard the peppercorns.
8. In a bowl of the cold water, soak the rice for about 1 hour. in cold water.
9. Drain the rice well.
10. In a large pan, add the rice and 2 C. of the water and bring to a boil.
11. Reduce the heat to low and simmer, covered until just tender.
12. Stir in the milk, maple syrup and salt and simmer for about 30 - 45 minutes, stirring frequently.
13. Remove from the heat and cool slightly.
14. Divide the pudding into serving bowls and serve alongside the pears.

BASHIR'S

Basmati Pudding



Prep Time: 15 mins

Total Time: 3 hrs 15 mins

Servings per Recipe: 8

Calories 171.1

Fat 4.5g

Cholesterol 12.2mg

Sodium 50.1mg

Carbohydrates 27.5g

Protein 5.3g

Ingredients

- 4 C. whole milk
- 1/3 C. demerara sugar
- 2 tsp ground cardamom
- 3/4 C. brown basmati rice, rinsed
- chopped unsalted pistachio nuts

Directions

1. Lightly grease a 3 1/2-quart slow cooker.
2. In a large pan, add the milk over medium heat and bring to a boil, stirring occasionally.
3. Stir in the cardamom and sugar and remove from the heat.
4. Stir in the rice and transfer the mixture into a prepared slow cooker.
5. Arrange a folded tea towel on top of the slow cooker pot.
6. Set the slow cooker on High and cook, covered for about 3 hours.
7. Uncover and transfer the pudding into a serving bowl. Keep aside at room temperature to cool.
8. Serve with a garnishing of the pistachios.

Isabelle's Leche Arroz (Latin Rice Pudding)



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 301.2

Fat 6.4g

Cholesterol 24.2mg

Sodium 183.9mg

Carbohydrates 54.7g

Protein 6.7g

Ingredients

- 1/2 C. rice
- 1 tsp vanilla
- 1 cinnamon stick
- lemon zest
- 1 1/2 C. water
- 4 1/4 C. milk
- 1 C. sugar
- 1/4 tsp salt
- 1 tsp ground cinnamon

Directions

1. Place a large saucepan over medium high heat. Stir in it the rice with lemon zest, cinnamon stick and vanilla.
2. Cook them until they start boiling. Lower the heat and let them cook until the rice is done.
3. Stir in the sugar with milk and salt. Let them cook for 60 min over low heat until the pudding becomes stick.
4. Stir it often. Pour the rice pudding into a ceramic dish. Place it in the fridge until it cools down.
5. Flip the dish into a serving plate. Sprinkle over it the ground cinnamon.
6. Serve it with your favorite toppings.
7. Enjoy.

AMBROSIA Pudding



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 343.5

Fat 7.2g

Cholesterol 279.0mg

Sodium 107.4mg

Carbohydrates 61.2g

Protein 9.6g

Ingredients

6 eggs

1/2 C. orange juice

2 tbsps orange zest, grated

1/2 lb sugar

Directions

1. Before you do anything, preheat the oven to 300 F.
2. Get a mixing bowl: Whisk in it all the ingredients. Pour the mix through a fine mesh sieve to strain it.
3. Pour the batter in a greased 8/6 inches ceramic dish. Cook the pudding in the oven for 22 min. serve it with your favorite toppings after it cools down.
4. Enjoy.

Kota Pudding



Prep Time: 5 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 423.4

Fat 27.0g

Cholesterol 46.8mg

Sodium 45.0mg

Carbohydrates 42.1g

Protein 7.0g

Ingredients

1 C. cooked long-grain rice
1 C. whole milk
1/2 C. heavy cream
3/4 C. coconut milk
2 oz. sugar
1/4 tsp ground cardamom

1 1/2 oz. golden raisins
1 1/2 oz. chopped unsalted pistachios

Directions

1. Add the whole milk and rice in a pan and cook over medium heat until boiling.
2. Set the heat to low and simmer for about 4-5 minutes, mixing as required.
3. Now, set the heat to medium and stir in the sugar, coconut milk, heavy cream and cardamom.
4. Cook for about 8-10 minutes, beating frequently.
5. Remove the pan from the heat.
6. immediately, add the pistachios and raisins and stir to combine.
7. In a serving bowl, place the pudding and with a plastic wrap, cover the pudding surface.
8. Refrigerate to chill before serving.

PUNJABI

Carrot Pudding



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 333.1

Fat 19.4g

Cholesterol 50.1mg

Sodium 246.2mg

Carbohydrates 38.4g

Protein 4.5g

Ingredients



6 medium carrots, shredded
2 C. half-and-half cream
1/2 C. packed brown sugar
1/2 C. golden raisin
1/4 C. butter
1/2 tsp ground cardamom

1/4 tsp salt
1/4 C. unsalted pistachios

Directions

1. In a pot, add the half-and-half and carrots and bring to a boil.
2. Set the heat to low and cook for 45 minutes, stirring as required.
3. Add the butter, raisins, brown sugar, cardamom and salt and stir to combine well.
4. Simmer for about 15 minutes, mixing continuously.
5. Serve warm with a topping of the pistachios.

Rosy Almonds Pudding

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 6

Calories 202.7

Fat 10.4g

Cholesterol 17.0mg

Sodium 85.8mg

Carbohydrates 21.8g

Protein 6.9g

Ingredients

1/4 C. rice flour
3 C. milk
1 pinch salt
1/4 C. sugar
3/4 C. ground almonds

1 tbsp rose water
pistachios

Directions

1. Get a blender: Combine in it 1/4 C. of milk with the ground rice. Blend them smooth.
2. Place a heavy saucepan over medium heat. Heat in it the remaining milk until it starts boiling.
3. Add to it the rice mix with sugar and a pinch of salt. Cook it until it starts boiling while stirring it all the time.
4. Let the rice pudding cook for 5 to 6 min until it becomes creamy.
5. Lower the heat then fold the almonds with rosewater into the pudding.
6. Allow it to cool down for a while then serve it with your favorite toppings.
7. Enjoy.

GOLDEN RICE and Raisins Pudding



Prep Time: 5 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 431.3

Fat 7.4g

Cholesterol 0.0mg

Sodium 156.5mg

Carbohydrates 83.2g

Protein 7.0g

Ingredients

2 C. long grain white rice

4 C. water

1/4 C. golden raisin

1/4-1/2 tsp salt

1 1/2 tbsp cinnamon

1/8 C. olive oil

1/2 tsp saffron

plain yogurt

Directions

1. Stir 2 C. of rice with 4 C. of water in a rice maker.
2. Stir into it the raisins, cinnamon, saffron, a drizzle of olive oil and a pinch of salt.
3. Follow the manufacturer's instructions to cook the rice.
4. Allow the rice pudding to cool down for a while then serve it with some yogurt.
5. Enjoy.

Santa Clara Pudding



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 8

Calories 174 kcal

Fat 7.3 g

Carbohydrates 26.7g

Protein 2.4 g

Cholesterol 1 mg

Sodium 271 mg

Ingredients

- 5 tbsp margarine, softened
- 1/4 C. masa harina
- 1/3 C. white sugar
- 1/2 C. water
- 2 C. frozen whole-kernel corn, thawed
- 1/2 C. cornmeal
- 1 tsp baking powder
- 1/2 tsp salt
- 4 tsp milk

Directions

1. In a medium bowl, add the margarine, masa flour and sugar and mix light and fluffy.
2. In a food processor, add 1 C. of the corn kernels, water and cornmeal and pulse till just smooth.
3. Add the corn mixture into the masa mixture and mix well.
4. Add the remaining corn, baking powder, salt and milk and mix till smooth.
5. Transfer the mixture into a double boiler over a large pan of the simmering water.
6. With a foil paper, cover the pan tightly and steam for about 50-60 minutes.
7. Stir the pudding before serving to give it a consistent texture.





VANILLA

Pudding Bowls



Prep Time: 35 mins



Total Time: 35 mins

Servings per Recipe: 10

Calories 118.8

Fat 2.3g

Cholesterol 0.0mg

Sodium 2.5mg

Carbohydrates 26.4g

Protein 1.3g

Ingredients

2 medium bananas, diced

2 medium apples, diced

1 lemon, juice

1 (20 oz.) cans pineapple tidbits, drained,
juice reserved

2 C. sliced strawberries

2 C. grapes

1/4 C. pecans, chopped

1 (1 1/2 oz.) box sugar-free instant
vanilla pudding mix

1/2 C. water

Directions

1. In a bowl, add the apples, bananas and lemon juice and toss to coat well.
2. Add the grapes, strawberries, pineapple and pecans and gently, toss to coat.
3. In another bowl, add the pudding mix, pineapple juice and water and with a wire whisk, beat until smooth.
4. Add the pudding mixture into the bowl of the fruit and gently stir to combine.
5. Place in the fridge until using.
6. Enjoy chilled.

Auntie's Pudding



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 6

Calories 386.0

Fat 9.6g

Cholesterol 128.5mg

Sodium 392.3mg

Carbohydrates 64.5g

Protein 11.6g

Ingredients

8 slices stale bread, torn

3/4 C. raisins

3 eggs, beaten

3/4 C. sugar

2 tsp vanilla

1 tsp cinnamon

1/4 tsp nutmeg

1/8 tsp salt

4 C. milk

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a bowl, add the raisins and top with boiling water.
3. Drain the raisins well.
4. In the bottom of an ungreased baking dish, place the bread pieces and raisins and mix well.
5. In a bowl, add the sugar, eggs, vanilla, nutmeg, cinnamon and salt and beat until well combined.
6. Add the milk and beat until well combined.
7. Place the egg mixture over the bread mixture and gently, stir to combine.
8. Arrange the baking dish into a large water filled roasting pan.
9. Cook in the oven for about 1 1/2 hours.
10. Enjoy warm.

SOUTHERN Donut Pudding



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 20

Calories 453.1

Fat 23.0g

Cholesterol 149.5mg

Sodium 304.3mg

Carbohydrates 53.0g

Protein 9.3g

Ingredients

20 stale plain doughnuts, chopped

1 quart milk

12 eggs, beaten

2 C. sugar

1 tbsp sugar

1/2 C. raisins

2 tbsp vanilla



4 oz. butter

1 tbsp cinnamon

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a bowl, add the milk and eggs and beat until well combined.
3. Add the sugar, doughnuts, raisins and vanilla and gently, stir to combine.
4. In another bowl, add the cinnamon and sugar and mix well.
5. In 2 (9x13-inch) baking dishes, divide the mixture evenly.
6. Arrange the butter slices on top and dust with the cinnamon sugar.
7. With the pieces of foil, cover the baking dishes.
8. Cook in the oven for about 1 hour.
9. Remove the foil pieces and cook for about 45-60 minutes.
10. Enjoy.

Hudson Valley Fruit Waffle Pudding

 Prep Time: 10 mins
 Total Time: 45 mins

Servings per Recipe: 6

Calories	1003.1
Fat	61.0g
Cholesterol	308.2mg
Sodium	861.2mg
Carbohydrates	96.5g
Protein	19.6g

Ingredients

12 waffles, cubed
300 g raspberries,
200 g white chocolate, chopped
1/4 C. caster sugar
1 tbsp plain flour
3 eggs

1 tsp grated lemon rind
1 tsp vanilla extract
500 ml thickened cream
2 tbsp icing sugar

Directions

1. Set your oven to 350 degrees F before doing anything else and grease a baking dish.
2. In a bowl, add the flour, sugar, lemon rind, cream, eggs and vanilla and beat until well combined.
3. In the bottom of the prepared baking dish, arrange half of the waffles.
4. Place half of raspberries over the waffles evenly, followed by half of the chocolate.
5. Repeat the layers once and top with the egg mixture evenly.
6. Keep aside for about 10-12 minutes.
7. Cook in the oven for about 35 minutes.
8. Enjoy with a dusting of the icing sugar.

FANCY Berry Pudding



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 173.5

Fat 1.7g

Cholesterol 3.6mg

Sodium 48.2mg

Carbohydrates 37.8g

Protein 4.7g

Ingredients



1 pint blueberries, washed and drained
1 pint raspberries, washed and drained
1 C. low-fat yogurt

1/4 C. brown sugar
mint

Directions

1. Before you do anything, preheat the oven broiler. Grease 4 ramekins with some butter.
2. Place the berries in the greased ramekins. Pour in each one of them 1/4 C. of yogurt, followed by 1 tbsp of brown sugar.
3. Place the ramekins on a baking sheet. Bake them for 2 to 3 min until the sugar melts.
4. Allow the berry pudding to cool down completely. Garnish them with some fresh berries then serve them.
5. Enjoy.

Bavarian Passion Pudding

 Prep Time: 10 mins
 Total Time: 45 mins

Servings per Recipe: 4
Calories 407.6
Fat 22.0g
Cholesterol 81.5mg
Sodium 271.9mg
Carbohydrates 49.7g
Protein 5.3g

Ingredients

7 1/2 oz. orange gelatin
1 1/2 C. boiling water
2 C. passion fruit juice
1 C. heavy cream

Toppings
toasted coconut (optional)

Directions

1. In a large bowl, dissolve the orange gelatin in the boiling water.
2. Add the passion fruit juice and stir to combine.
3. Refrigerate to chill completely.
4. Remove from the refrigerator and stir the mixture well.
5. In a bowl, add the cream and beat till stiff.
6. Fold the whipped cream into the gelatin mixture.
7. Refrigerate to chill completely.
8. Serve with a garnishing of the coconut.

SUJI HALVA

(Rice and Raisin Pudding)



Prep Time: 5 mins

Total Time: 35 mins

Servings per Recipe: 6

Calories 512.0

Fat 21.8g

Cholesterol 50.1mg

Sodium 7.8mg

Carbohydrates 75.6g

Protein 6.0g



Ingredients

- 2 3/4 C. water
- 1 1/4 C. sugar
- 1/2 tsp saffron strand, soaked in 1 tbsp boiling hot milk
- 140 g unsalted butter
- 1 1/4 C. semolina (coarse grained)
- 1/3 C. sliced almonds
- 1 tsp ground cardamom
- 1/3 C. sultana

Directions

1. In a large pot, add the soaked saffron, sugar and water over medium heat and cook until sugar is dissolved, mixing continuously.
2. Cook until boiling.
3. Set the heat to low and cover the pan tightly to keep the syrup warm.
4. In another pot, add the butter over low heat and cook until melted completely.
5. Add the semolina, and cook for about 18-20 minutes, gently stirring occasionally.
6. In the last 2 minutes of cooking, stir in the flaked almonds.
7. Now, set the heat under the syrup to medium.
8. Stir in the sultanas and cardamom and cook until boiling.
9. Now, set the heat under the semolina to medium and Stir fry for about 1 minute.
10. Remove the pot of semolina from the heat.
11. Gradually, add the hot syrup into the semolina, mixing continuously.
12. Place the pot over very low heat and cook until all the moisture is absorbed completely, stirring continuously.
13. Now cook, covered for about 5 minutes.
14. Remove from the heat and keep aside, covered for about 5 minutes.
15. Enjoy hot.

Milky Mexican Pudding

 Prep Time: 5 mins
 Total Time: 1 hr 5 mins

Servings per Recipe: 6
Calories 448.1
Fat 6.9g
Cholesterol 53.7mg
Sodium 123.9mg
Carbohydrates 88.7g
Protein 8.8g

Ingredients

1 C. long-grain white rice	1 egg
3 C. water	1 1/2 C. sugar
3 inches cinnamon sticks	1/3 C. raisins
1 tbsp julienne strips lime peel	1 tsp vanilla extract
1 pinch salt	
4 C. milk	

Directions

1. In a pan, add the water, rice, lime peel, cinnamon and salt and cook until boiling.
2. Immediately, cover the pan and set the heat to low.
3. Cook until most of the liquid is evaporated.
4. Meanwhile, in a bowl, add the milk and egg and beat well.
5. Uncover the pan and add the sugar and egg mixture, mixing continuously.
6. Cook until desired thickness of the rice mixture.
7. Stir in the vanilla extract and raisins and cook for about 2 minutes.
8. Remove from the heat and keep aside for about 10-20 minutes.
9. Place the rice pudding into a serving bowl and transfer into the fridge for chilling.
10. Enjoy chilled.

AUTHENTIC

Capirotada (Breaded Mexican Pudding)



Prep Time: 20 mins



Total Time: 55 mins

Servings per Recipe: 8

Calories 473.3

Fat 25.2g

Cholesterol 76.1mg

Sodium 597.3mg

Carbohydrates 56.6g

Protein 7.0g

Ingredients

Reynolds Wrap Foil
cooking spray
1/2 C. peach preserves
2 tbsp brown sugar
2 tbsp honey
2 tbsp butter, melted
1/2 tsp ground cinnamon
1 peach, peeled, pitted and cut into thin
slices
1 red pears, peeled, cored and sliced
1 (8 oz.) packages cream cheese,
softened
1/4 C. sugar
1/3 C. heavy cream
2 tbsp lemon juice
1 tsp freshly grated lemon zest
1 egg, beaten
1 tsp vanilla extract
1 (12 oz.) cans refrigerated biscuits,
quartered
1/3 C. sliced almonds

Directions

1. Set your grill for medium heat and line a large cast iron skillet with a large greased foil piece, leaving about 2-inch extra over the sides.
2. Place the butter, preserves, honey, brown sugar and cinnamon in a bowl and mix until well combined.
3. In the bottom of the prepared skillet, place the butter mixture evenly and top with the sliced fruit overlapping slightly in a spiral layer.
4. Place the heavy cream, cream cheese, egg, sugar, lemon zest, lemon juice and vanilla extract in a bowl and beat until creamy and smooth.
5. Add the biscuit pieces and toss to coat well. Place the biscuit mixture over the fruit slices evenly.
6. Place the skillet onto the grill over indirect heat and cook, covered for about 35 minutes. Remove from the grill and keep aside for about 10 minutes.
7. Carefully, invert the capirotada onto a serving platter.
8. Cut into desired sized slices and enjoy warm with a garnishing of the almonds.

Lemon Pudding Bundt



Prep Time: 30 mins



Total Time: 35 mins

Servings per Recipe: 12

Calories 425 kcal

Fat 13 g

Carbohydrates 74.1g

Protein 4.7 g

Cholesterol 73 mg

Sodium 441 mg

Ingredients

4 eggs
1 (3 oz.) package instant lemon pudding mix
1/3 C. vegetable oil
1 (18.25 oz.) package lemon cake mix
3/4 C. water

1/2 C. lemon juice
3 C. sifted confectioners' sugar
1/4 C. confectioners' sugar for dusting

Directions

1. Set your oven to 350 degrees F before doing anything else and grease and flour a bundt pan.
2. In a bowl, add the eggs and beat till thick.
3. Add the cake mix, pudding mix, oil and water and with an electric mixer, beat on medium speed for about 5 minutes.
4. Transfer the mixture into the prepared pan and cook in the oven for about 50 minutes or till a toothpick inserted in the center comes out clean.
5. Meanwhile for glaze in a mix together the 3 C. of the confectioner's sugar and lemon juice and heat till boiling.
6. Pour the hot glaze over the hot cake and keep aside for about 1 hour to cool.
7. Carefully, invert the cake over the serving plate.
8. Serve with a dusting of the confectioner's sugar.





YELLOW

Vanilla Bundt



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 562 kcal

Fat 29.9 g

Carbohydrates 59.2g

Protein 5.6 g

Cholesterol 83 mg

Sodium 476 mg



Ingredients

1 C. chopped walnuts	1/2 C. cranberry
1 (18.25 oz.) package yellow cake mix	1/2 C. butter
1 (3.4 oz.) package instant vanilla pudding mix	1/4 C. water
4 eggs	1 C. white sugar
1/2 C. water	1/2 C. apple juice
1/2 C. vegetable oil	

Directions

1. Set your oven to 325 degrees F before doing anything else and grease and flour a 10-inch bundt pan.
2. In the bottom of the prepared pan, spread the walnuts.
3. In a large bowl, mix together the pudding mix and cake mix.
4. Add the eggs, oil, 1/2 C. of the cranberry juice and 1/2 C. of the water and mix till well combined.
5. Transfer the mixture over walnuts evenly and cook in the oven for about 60 minutes or till a toothpick inserted in the center comes out clean. For glaze in a pan, mix together the butter, 1 C. of the sugar and 1/4 C. of the water on medium heat.
6. Bring to a boil and boil for about 5 minutes, stirring continuously.
7. Remove from the heat and immediately, stir in the apple juice.
8. Remove the cake from the oven and keep aside for about 10 minutes. Cot the top and sides of the cake with the glaze evenly.
9. Let the cake absorb the glaze completely, then again coat with the remaining glaze.

Rice Pudding Nakaru

 Prep Time: 10 mins
 Total Time: 35 mins

Servings per Recipe: 6
Calories 398.0
Fat 6.6g
Cholesterol 24.2mg
Sodium 118.4mg
Carbohydrates 73.4g
Protein 10.0g

Ingredients

2 C. short-grain rice
6 C. water
4 1/4 C. milk
1 pinch salt

1/2 vanilla bean
6 tbsp sugar

Directions

1. Before you do anything, preheat the oven to 450 F. Grease a baking sheet and place it aside.
2. Get a mixing bowl:
3. Place a large pan of water over medium heat. Heat it until it starts boiling. Stir in the rice and let it cook for 6 min.
4. Place a heavy saucepan over medium heat. Heat in it the milk until it starts boiling.
5. Drain the rice and add it to milk. Stir in the salt, vanilla bean, and sugar. Put on the lid and let it cook for 16 to 19 min.
6. Serve your rice pudding warm or cold with some chopped nuts.
7. Enjoy.

NUTTY

Pineapple Rice Pudding



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 304.0

Fat 8.8g

Cholesterol 0.0mg

Sodium 15.8m

Carbohydrates 52.5g

Protein 6.4g

Ingredients

2 C. cooked rice

1 cans oranges, chopped

1 cans pineapple, drained

1/2 C. chopped red bell pepper

1/2 C. almonds, toasted

1/3 C. sliced green onion

1/4 C. flaked coconut, toasted



2 tbsp mango chutney

1/4 tsp ground ginger

Directions

1. Place a large pan over medium heat. Stir in it all the ingredients. Cook them for 6 min while stirring them all the time.
2. Serve your pudding warm with your favorite toppings.
3. Enjoy.

Breaded Mango Pudding

 Prep Time: 15 mins
 Total Time: 1 hr

Servings per Recipe: 8

Calories	194 kcal
Fat	6.7 g
Carbohydrates	27.9g
Protein	6.1 g
Cholesterol	82 mg
Sodium	201 mg

Ingredients

6 slices white bread, torn into small pieces	1 1/2 tsp ground cardamom
2 mangos - peeled, seeded and diced	2 tbsp butter
1/4 C. white sugar	
3 eggs, lightly beaten	
2 C. milk	
1 1/2 tsp vanilla extract	

Directions

1. Set your oven to 350 degrees F before doing anything else and grease an 11x9 - inch baking dish.
2. In a bowl, add the mango and bread pieces and toss to coat and transfer into the prepared baking dish.
3. In a bowl, add the milk, eggs, sugar, cardamom and vanilla and beat till well combined.
4. Place the egg mixture over the mango mixture and cook everything in the oven for about 45-50 minutes.

RICE PUDDING

with Rutabaga



Prep Time: 20 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 8

Calories 126 kcal

Fat 3.2 g

Carbohydrates 21g

Protein 3.6 g

Cholesterol 52 mg

Sodium 338 mg

Ingredients

- 1 C. water
- 1/2 C. long-grain white rice
- 1 lb. rutabaga, peeled and cut into 1 1/2 inch cubes
- 1/2 C. milk
- 1 tbsp butter
- 1/4 C. white sugar
- 1 tsp salt
- 1/8 tsp ground black pepper
- 1 dash ground nutmeg
- 2 eggs, separated

Directions

1. In a pan, add the water and rice and bring to a boil on medium-high heat, stirring once.
2. Reduce the heat to low and simmer, covered for about 20 minutes.
3. Meanwhile in a large pan, add the rutabaga and enough water to cover and bring to a boil on medium-high heat.
4. Cook for about 10 minutes.
5. Set your oven to 350 degrees F and lightly grease a 2 quart casserole dish.
6. Drain the rutabaga and place into a bowl with the milk, butter, sugar, salt, pepper and ground nutmeg and mash till smooth.
7. Stir in the cooked rice and egg yolks, then beat till well combined.
8. In another bowl, add the egg whites and beat till stiff peaks form.
9. Fold gently into the rutabaga mixture.
10. Transfer the mixture into prepared casserole dish.
11. Cook in the oven for about 1 hour.

Annabella's Pudding



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 12

Calories 328.5

Fat 14.5g

Cholesterol 0.0mg

Sodium 268.0mg

Carbohydrates 43.2g

Protein 7.9g

Ingredients

2 cans coconut milk	1/4 tsp allspice
2 C. white rice	1/2 tsp onion powder
1 onion, finely chopped	
1 garlic clove, minced	
32 oz. canned black-eyed peas	

Directions

1. Place a pot over low heat. Stir in it the black eyed peas with the allspice and onion powder. Cook them for 3 min.
2. Place another pot over medium heat. Stir in the coconut milk, rice, onion and garlic. Cook them until they start boiling.
3. Lower the heat and put on the lid. Let them cook for 32 min.
4. Drain the beans and fold them into the rice. Serve it warm.
5. Enjoy.

TROPICAL

Papaya and Ginger Pudding



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 258.1

Fat 5.2g

Cholesterol 10.6mg

Sodium 73.2mg³

Carbohydrates 87.6g

Protein 7.5g

Ingredients

2 C. water

1 C. arborio rice

1 pinch salt

2 C. milk

1/4-1/2 C. sugar

1 tsp cinnamon

1 tbsp grated fresh ginger

1/2 C. raisins

1 C. dried shredded coconut

1 C. fresh papaya, diced

Directions

1. In a pan, add the water and bring to a boil.
2. Add the rice and salt and reduce the heat to low.
3. Cook for about 15 minutes.
4. Add the milk and cook, uncovered till about 1/2 of the milk is absorbed, stirring occasionally.
5. Stir in 1/4 C. of the sugar, cinnamon, ginger and raisins and cook till the milk is absorbed.
6. Stir in the coconut and gently fold in the papaya.
7. Serve warm or cold.

pudding Californian Style



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 182.4

Fat 0.6g

Cholesterol 0.0mg

Sodium 52.5mg

Carbohydrates 46.1g

Protein 2.5g

Ingredients

5 kiwi fruits
1 (3 1/2 oz.) boxes sugar-free instant
vanilla pudding mix
2 -3 drops green food coloring

1 C. dark raisins

Directions

1. Slice the kiwifruit into rounds, then again into half-rounds.
2. Prepare instant pudding according to package's directions.
3. Add 2-3 drops of green food coloring and stir till desired shade of the green is required.
4. Transfer the pudding into dessert bowls.
5. Place 2 half or quarter kiwifruit slices onto pudding for eyes.
6. Place raisins on pudding in shape of a mouth.

BELIZEAN BELMOPAN Beach Pudding



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 12

Calories 409 kcal

Fat 20.1 g

Cholesterol 45g

Sodium 8.4 g

Carbohydrates 67 mg

Protein 386 mg

Ingredients

- 2 eggs
- 1 (12 fluid oz.) can evaporated milk
- 12 fluid oz. coconut milk
- 6 fluid oz. sweetened condensed milk
- 4 fluid oz. apple cider
- 1/2 C. white sugar
- 1/2 C. melted butter
- 1/4 C. raisins
- 2 tsp vanilla extract
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- 1 loaf bread, torn in pieces

Directions

1. Set your oven to 250 degrees F before doing anything else and grease a 13x9 -inch baking dish.
2. In a large bowl, add the eggs and beat till frothy.
3. Add the evaporated milk, coconut milk, sweetened condensed milk, apple cider, sugar, butter, raisins, vanilla extract, nutmeg and cinnamon and mix till well combined.
4. Fold in the bread pieces.
5. Transfer the mixture into the prepared baking dish evenly.
6. Cook in the oven for about 1 hour.

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