

Bread Pudding for the Ages

A made-over sweet potato bread pudding creates an irresistible snack sure to please both young and old. It's nostalgic and a nutritious spin on a Southern favorite. Plus, with 60% Daily Value of calcium and 8 grams of dairy protein per serving, there's a lot to love about this dish.



MARKET INSIGHTS

- Aging consumers are increasingly turning to healthier food choices to help maintain an active lifestyle.
- Consumers often look for smaller-portioned, better-for-you sweet treats between meals.
- Foods made with dairy are desirable to consumers and are perceived as natural and wholesome.

BENEFITS OF USING U.S. DAIRY

Unsalted Butter

- Provides a delicious and authentic flavor

Milk Protein Concentrate

- Adds dairy protein and calcium for nutrient label claims
- Helps build body and texture in baked goods

Permeate

- Allows for reduced sodium and sugar content due to the perceived sweet and salty flavor
- Improves surface browning, while providing a clean dairy flavor

Whey Crisp

- Provides a delicious, crunchy texture

Yogurt

- Meets consumer flavor expectations

Nonfat Dry Milk

- Helps build body and texture of bread

Milk Calcium and minerals

- Adds calcium from dairy sources

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size 1/2 waffle (100g) Yogurt Sauce (15g)
Servings Per Container

Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 300mg	13%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 13g	24%
Vitamin A 4%	• Vitamin C 0%
Calcium 60%	• Iron 8%
Phosphorus 35%	• Iodine 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, chopped sweet potatoes, light brown sugar, liquid egg, chopped figs, chopped French bread baguette, chopped whole wheat bread, unsalted butter, milk protein concentrate 80, maple syrup, chopped prunes, milk calcium and minerals, golden ultrafine milled flaxseed, oat topping (old-fashioned, rolled oats; whey crisps; light brown sugar; ground cinnamon), vanilla extract, yogurt bourbon sauce (plain nonfat Greek yogurt [Grade A pasteurized skimmed milk, yogurt cultures], nonfat dry milk, powdered sugar, natural bourbon flavor, cinnamon, nutmeg) baking powder, natural caramel flavor, iodized salt, dairy product solids, ground cinnamon, ground nutmeg.

Contains: milk

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INGREDIENTS

	Usage Levels (%)
 pudding Formula, 100g	(98.20)
Water	36.20
Sweet potato	10.80
Sugar, light brown	10.80
Eggs, liquid	5.40
Figs	5.40
French bread	5.35
Bread, whole wheat	5.35
Butter, unsalted	4.95
Milk protein concentrate 80	4.05
Maple syrup	3.15
Prunes	2.25
Milk calcium and minerals	1.40
Flaxseed, Golden Ultra Fine Milled (Glanbia Nutritionals)	1.36
Vanilla extract (Virginia Dare)	0.50
Baking powder	0.38
Whey permeate (dairy product solids)	0.20
Natural caramel flavor (Gold Coast Ingredients)	0.18
Salt	0.18
Nutmeg	0.15
Cinnamon	0.15
Oat Topping Formula, 10g	(0.90)
Oats	0.71
Whey crisps, crushed	0.12
Sugar, light brown	0.06
Cinnamon	0.01
Yogurt Bourbon Sauce Formula, 10g	(0.899)
Nonfat plain Greek yogurt	0.580
Powdered sugar	0.290
Nonfat dry milk	0.020
Natural bourbon flavor (Gold Coast Ingredients)	0.007
Cinnamon	0.001
Nutmeg	0.001

PREPARATION

Oat Topping

1. **Crush whey crisps until fine pieces are formed.**
2. **Mix whey crisps with oats, cinnamon and brown sugar.**
3. **Serve 10 gram portions on top of each bread pudding.**

Yogurt Bourbon Sauce

1. **Mix nonfat dry milk and powdered sugar into yogurt with a high-speed mixer for 5 minutes.**
2. **Add nutmeg, cinnamon and bourbon flavor. Warm on low heat.**
3. **Serve 10 gram portions on top of each bread pudding.**

Pudding

1. **Preheat oven to 400°F.**
2. **Chop whole wheat and French bread into ¼-inch squares, and toast in oven until golden brown (about 10 minutes, depending on batch size).**
3. **Hydrate MPC for 30 minutes with 100% of the water. Add milk calcium and minerals after 30 minutes and hydrate another 20 minutes.**
4. **Chop figs, sweet potatoes and prunes, and put to the side.**
5. **Mix dry ingredients, including permeate.**
6. **Mix flavors into wet ingredients, hydrated dairy powders and egg.**
7. **Slowly mix dry ingredients into wet ingredients. Mix in toasted, cubed bread and figs.**
8. **Cover and place in refrigerator for 5 minutes.**
9. **Take pudding mixture out of refrigerator and mix in prunes and sweet potatoes.**
10. **Spray mini pie pan with nonstick spray and pour in 100 grams of pudding mixture.**
11. **Add 10 grams of topping.**
12. **Bake in oven at 400°F for 30 minutes, covered with foil.**
13. **Freeze at least 24 hours.**
14. **Reheat covered 15 minutes in toaster oven at 400°F. Uncover and cook an additional 5 to 7 minutes until the topping is golden brown.**
15. **Pour 10 grams of warmed sauce on top of the bread pudding.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on ThinkUSAdairy.org including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Dairy Products Technology Center, California Polytechnic State University. ©2014 U.S. Dairy Export Council.