



urban  roots

DESSERT

from our family to yours

Happy Thanksgiving!



Make your Own PUMPKIN BREAD PUDDING WITH CARAMEL SAUCE

~ An autumnal twist on Great
Grandma Waughneta's recipe



INGREDIENTS:

Bread Pudding

- 4 cups bread
- 4 cups milk (dairy-free works great!)
- 4 eggs
- 1 cup pumpkin puree
- 1 tsp. vanilla
- 1/2 cup sugar
- 2 tsp. ground cinnamon
- 1 tsp. ginger
- 1/2 tsp. nutmeg (plus more for topping)

Caramel Sauce

- 1 cup brown sugar
- 1/2 cup butter
- 1/4 milk
- Pinch of salt
- 1 tsp. vanilla

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Making the Caramel Sauce

1. Bring brown sugar, butter, milk, and salt to a boil in a saucepan. Let thicken for 1-2 minutes.
2. Remove from heat and add vanilla.
3. Serve immediately.



INSTRUCTIONS:

- 1). Preheat oven to 350° F.
- 2). Tear and measure out bread (French bread, sourdough, or even good quality sandwich bread works) into bite-sized pieces and place in a 9x13 pan or deep dish oven-proof baking bowl.
- 3). Whisk together milk, eggs, pumpkin puree, vanilla, sugar, cinnamon, ginger, and nutmeg until blended.
- 4). Pour mixture over bread in pan and press down gently on bread to make sure that it's submerged in milk and egg mixture.
- 5). Sprinkle nutmeg lightly over the surface and bake for 40-50 minutes until golden brown on top and a knife comes out clean.
- 6). Serve warm or cold and drizzle with caramel sauce.

Say hello to PUMPKINS

HOW DO PUMPKINS HELP OUR BODY?

Pumpkins include the following:

- Vitamin A: Helps strengthen your immune system and fight infections
- Vitamin C: Increases white blood cell production helping to boost immunity and make wounds heal faster
- Potassium: Helps maintain a healthy blood pressure and heart
- Fiber: Promotes good digestion

Fun Facts

The world's largest pumpkin pie weighed 3,699 pounds

The word for pumpkin is derived from the ancient Greek word "pepon" meaning large melon

Pumpkins were once recommended for removing freckles and curing snake bites; they are no longer recommended for either of these uses