

# Teaspoon Communications

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## Philly Soft Pretzel Bread Pudding with Chocolate

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"I wanted to use one of my favorite hometown staples, the Philadelphia soft pretzel, in a unique way. Since bread pudding is my comfort food of choice, I developed this recipe. I also use Hershey's chocolate products, since the world-famous company is located in Hershey, Pennsylvania, and another food claim to fame in this region. Each serving of this recipe provides a healthy dose of calcium."

~Deanna Rose Segrave-Daly, R.D., L.D.N.

### Ingredients

vegetable oil cooking spray  
6 Philadelphia-style soft pretzels  
(frozen is okay; thaw first)  
1½ cups liquid egg substitute  
2½ cups nonfat milk  
½ cup chocolate syrup  
1 tablespoon vanilla extract  
1½ teaspoons cinnamon  
½ cup semisweet chocolate chips

Hands-on time: 15 minutes

Standing time: 1 hour

Cooking time: 55 minutes

### Directions

Spray a 13-by-9-by-2-inch baking dish with the cooking spray. Poke holes in the soft pretzels with a fork, then cut or break the pretzels into 1-inch pieces and place in the baking dish.

Whisk together the egg substitute, nonfat milk, chocolate syrup, vanilla extract, and cinnamon; mix well. Pour over the pretzels, stir to coat. Let stand for 1 hour to allow the pretzels to absorb some of the liquid mixture. Preheat oven to 325°F. Cover the baking dish with foil and bake 30 minutes. Uncover. Sprinkle with chocolate chips. Bake an additional 25 minutes or until browned and puffed and the knife comes out clean.

SERVES: 12, Serving size 1/12 of pan

NUTRITION PER SERVING: Calories 190 kcal, Fat 4 g, Saturated fat 2 g, Cholesterol 0 mg, Sodium 410 mg, Carbohydrates 31 g, Dietary fiber 1 g, Protein 8 g

NUTRITION NUGGET: The nonfat milk in this recipe adds calcium to the diet. Chocolate, especially dark chocolate, contains antioxidants and flavonoids, so if chocolate is a favorite of yours, enjoy in small doses.

COOK'S TIP: The holes in the pretzels are necessary so the nonfat milk and egg substitute mixture can be fully absorbed, creating the traditional bread pudding texture.