



# Bread Pudding

Recipe provided by Gay Bauer, SCD veteran!

3 cups blanched almond flour  
1/4 cup melted butter  
1/2 cup raisins  
1 teaspoon cinnamon  
6 eggs  
1/2 cup honey  
2 teaspoons unsweetened vanilla  
1/4 teaspoon salt  
3 cups SCD yogurt, dripped

Preheat oven to 375°F.  
Combine almond flour, butter, raisins, and cinnamon and mix well. Spread flour mixture evenly in the bottom of a well-buttered 9x13 glass baking dish. In a bowl, mix together eggs, honey, vanilla, salt, and dripped yogurt until smooth. Pour over almond flour mixture in the 9x13 dish. Let it soak in for five

minutes. Sprinkle with **nutmeg** and bake for around 35 minutes, until egg mixture on top is well cooked (not jiggling or runny).

While bread pudding bakes, make **one of the following sauces** to pour on when the pudding is done. (I used the butter sauce and forgot to wait until the bread pudding had cooled and poured it on top right away. It worked out fine, thankfully!)

## Butter Sauce

1/2 cup honey  
2-1/2 Tablespoons almond flour  
2 Tablespoons butter  
1/2 cup water or enough to reach syrup consistency when boiled down  
1 teaspoon unsweetened vanilla

Mix all ingredients in a small saucepan. Cook until it thickens, about 15 minutes at medium heat. Pour over pudding after pudding has cooled. Store in the refrigerator.

## Apricot Syrup (TART)

1 cup chopped unsweetened dried apricots  
1 cup water

Combine in small saucepan, bring to a boil, and simmer 20 minutes, covered. Cool. Whip contents in a blender until smooth. Blending, add 1/2 cup **water** or enough to reach syrup consistency. Pour on top of the cooled bread pudding.