

Fruitful Ideas



Cool Weather, Warm Treats

(NAPSA)—There may be a chill in the air, but this dessert is sure to warm your family's hearts and bellies.

Brandied Mango Bread Pudding infuses a comforting classic with a taste of the tropics to bring warmth and sweet satisfaction to the dessert plate. Mangos add a natural sweetness and provide important nutrients, such as vitamins A and C. Mixed with traditional spices, this exotic take on a traditional dish is a simple combination of items already in your pantry.

Available year-round, mangos give a refreshing twist to any dish, bringing bright flavor to every season. Combined with cozy spices like cinnamon and nutmeg, the delicious fruit makes this bread pudding a new fall favorite.

Brandied Mango Bread Pudding

Makes 4 servings

Prep time: 20 minutes

Cook time: 40 minutes

- 6 cups 1-inch cubes King's Hawaiian Sweet Bread**
- 2 ripe mangos, peeled, pitted and diced**
- 1½ cups fat-free half-and-half**
- ¾ cup egg substitute**
- ¾ cup sugar**
- ¼ cup brandy**
- 1 teaspoon vanilla extract**
- ½ teaspoon cinnamon**
- ½ teaspoon allspice**



When there's a chill in the air, a dessert such as Brandied Mango Bread Pudding can warm both hearts and bellies.

- ½ teaspoon nutmeg**
- 3 tablespoons butter, melted**
- Powdered sugar (optional)**

Instructions:

Preheat oven to 350°F. Lightly spray a 9-inch baking dish with nonstick cooking spray. Place bread cubes and mangos in baking dish. In a medium bowl, whisk together half-and-half, egg substitute, sugar, brandy, vanilla and spices. Whisk in butter, then pour over bread and mangos, stirring lightly to coat bread with egg mixture. Let stand for 30 minutes or until liquid is absorbed. Bake for 40 minutes or until a toothpick inserted into the center comes out clean.

Serving Tip:

Serve warm, dusted with powdered sugar, if desired.