



# Pumpkin Bread Pudding Flavoured with Rum

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS : 10

PREPARATION: 25 MINUTES

COOKING : 50 MINUTES

## INGREDIENTS

- 300 g (3 cups) dry bread, cut into 1-inch (2 cm) cubes
- 185 g (3/4 cup) canned coconut milk
- 120g (1/2 cup) honey
- 65 g (1/4 cup) brown rum
- 250g (1 cup) [pumpkin puree](#)
- 4 large eggs, beaten (220 g)
- 5 ml (1 tsp) ground cinnamon
- 3.5 ml (3/4 tsp) nutmeg, grated
- 1 ml (1/4 tsp) ground ginger
- 1 pinch of salt
- 2 apples, peeled and grated
- 30 ml (2 tbsp) pumpkin seeds (for top garnish)

## PREPARATION

1. Preheat the oven to 350° F (180° C). Oil a 20 cm x 20 cm (8" x 8") pan.
2. In a large saucepan, heat coconut milk, honey and rum (do not boil). When the mixture is hot, remove from heat, add the cubes of dry bread and let stand for 10 minutes.
3. In a large bowl, vigorously whisk together pumpkin puree, eggs, spices and salt.
4. After 10 minutes of rest, add the beaten liquid ingredients and grated apples to the soaked bread mixture, stirring gently with a wooden spoon.
5. Pour the mixture into the pan and sprinkle the top of the pumpkin seeds, pressing lightly over the top to adhere to the mixture.
6. Bake on the centre rack for 50 to 55 minutes, until the pudding is golden brown.



*Pumpkin puree in a bread pudding? Why not! Serve warm with some vanilla ice cream, it's a pure delight!*