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“Peaches n Cream Bread Custard”

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This recipe is a delightful variation on bread pudding and a great breakfast idea. Quick and easy to prepare, it is best to make ahead and refrigerate overnight. Serve with colorful fruit on the side. Recipe serves 4-6

Ingredients:

- 1 package (8 oz.) low-fat cream cheese
- 6 slices whole-wheat bread
- 1 can (30 oz.) sliced peaches*
- 1 1/2 cups milk
- 6 eggs
- nutmeg
- maple syrup (optional)

Method:

Soften cream cheese and spread over slices of bread. Place bread in buttered 9x13 baking dish. Drain peaches, dice and arrange over bread slices.

Beat together eggs and milk; pour over bread. Sprinkle with nutmeg, cover with plastic wrap and refrigerate overnight.

To bake, remove plastic wrap, place in cold oven. Set oven temperature to 350⁰ F and bake for 1 hour. Serve drizzled with syrup, breakfast sausage and a glass of milk.

*NOTE: May substitute 2 1/2 – 3 cups diced fresh peaches.