

Apple Breakfast Bread Pudding

Side Dish

Serves 4

Prep time: 15 minutes

Cook time: 1 hour

Make it easy: prepare pudding the night before, cover and refrigerate. When you first wake up, bake the pudding as directed. As it bakes, the house will be filled with the smell of a good breakfast.

Ingredients

- 1 1/2 cup 1% lowfat or fat-free milk
- 4 eggs
- 2 tablespoons brown sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 3 cups cubed whole wheat bread, about 3-4 slices
- 1/2 cup peeled and diced apple
- 1/4 cup raisins
- 2 teaspoons powdered sugar (optional)

Preparation

Preheat oven to 350°F. Coat an 8-inch square baking dish with non-stick spray.

In a large bowl, combine milk, eggs, brown sugar, vanilla, cinnamon and salt. Whisk until well combined. Add bread cubes, diced apple and raisins; mix until all ingredients are combined and the bread has soaked up much of the liquid.

Transfer bread mixture into the prepared baking pan. Cover with foil and bake for 40 minutes. Uncover and continue baking until golden brown, about 20 more minutes. Let stand 10 minutes before serving. Dust with powdered sugar, if desired.

Nutrition Information

Per serving: 370 calories, 7 g total fat, 2.5 g saturated fat, 570 mg sodium, 35 g carbohydrates, 7 g fiber, 19 g protein, 226 mg calcium.

Provided by:
Nutrition Education Services/Oregon Dairy Council
www.oregondairycouncil.org



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.