

BREAD PUDDING WITH APPLE-RAISIN SAUCE

From the U of I Extension

<http://web.extension.illinois.edu/ghhpsw/recipe/061006.html>

Ingredients

- 10 slices whole wheat bread
- 1 egg
- 3 egg whites
- 1 ½ c. skim milk
- ½ c. sugar
- ¼ c. brown sugar
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- ¼ tsp. each nutmeg and cloves
- 2 tsp. sugar

Instructions

1. Spray a 9" x 13" x 2" baking dish with nonstick cooking spray.
2. Lay the slices of bread in the baking dish in two rows, overlapping.
3. In a medium mixing bowl, beat together the egg, egg whites, milk, ¼ cup sugar, the brown sugar, and vanilla.
4. In a small bowl stir together the cinnamon, nutmeg, cloves, and sugar and sprinkle over the bread pudding.
5. Bake at 350 degrees for 30-35 minutes, until it has browned on top and is firm to the touch.
6. Serve warm or at room temperature, with warm apple-raisin sauce.

Apple-Raisin Sauce Ingredients

1 ¼ cup apple juice
1/2 cup apple butter
2 tbsp. brown sugar
½ cup raisins
¼ tsp. ground cinnamon nutmeg
½ tsp. orange zest (optional)

Instructions

1. Stir all the ingredients together in a medium saucepan.
2. Bring to a simmer over low heat.
3. Let the sauce simmer 5 minutes.
4. Serve warm.

Makes 2 cups.

Nutrition information per serving

Calories: 233

Total fat: 3g

Protein: 7.7g

Sodium: 252mg

