

APPLE BREAD PUDDING

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 piece

Nutrition (per serving)

Calories: 165

Total Carbohydrate: 33

Total Fat: 2 g

Dietary Fiber: 2 g

Saturated Fat: 0.5 g

Protein: 5 g

Sodium: 139 mg

Ingredients

10 slices cinnamon raisin bread, cubed

1 jar chunky applesauce

1/8 tsp nutmeg

2 eggs

2 cups skim milk

1/2 cup sugar

1/8 tsp vanilla extract

1/8 tsp ground cinnamon

Directions

1. Place half of the bread cubes in a greased 11x7x2 inch baking pan.
2. Spoon applesauce over bread; sprinkle with nutmeg.
3. Top with remaining bread.
4. In a bowl, whisk the eggs, milk, sugar and vanilla. Pour over bread. Sprinkle with cinnamon.
5. Bake uncovered at 325° for 50-60 minutes or until a knife inserted near the center comes out clean.
6. Serve with whipped topping if desired.