Applesauce Bread Pudding

Serves 9

- 5-6 slices whole wheat bread or leftover stale bread, cut into cubes (about 3 to 4 cups)
- ½ cup seedless raisins
- 1 cup non-fat milk
- 3 eggs
- ¼ cup sugar
- 1 cup applesauce
- 2 teaspoons vanilla extract
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg

1. Preheat oven to 350° F. Place bread cubes in an 8” x 8” pan that has been sprayed with nonstick cooking spray.

2. Mix remaining ingredients in a medium bowl and pour over bread cubes. Bake for 40 minutes or until a table knife inserted in the center comes out clean.

Nutrition information: calories 145, total fat 3g, saturated fat 1g, sodium 99mg, carbohydrates 26g, dietary fiber 2g, protein 5g.


Food for Thought

★ Stale bread works the best: sliced, crusty or raisin bread.

★ Try other dried fruit such as cranberries, dates, or cherries.

★ Shopping tip: When purchasing whole wheat bread, look for whole wheat flour as the first ingredient on the label. “wheat flour” is white flour and not a whole grain.

★ This dessert is another great way to use stale bread. Wrap stale bread in plastic wrap and put in the freezer until you are ready to use it in a recipe.