

Old-Fashioned Bread Pudding with Apple-Raisin Sauce

Makes 9 Servings

Ingredients

10 slices whole wheat bread
1 egg
3 egg whites
1 ½ cups skim milk
1/4 cup and 2 tsp. sugar
1/4 cup brown sugar
1 tsp. vanilla extract
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. cloves
Vegetable oil cooking spray

Directions

1. Preheat oven to 350°F. Spray an 8 x 8 inch baking dish with vegetable oil spray. Lay the slices of bread in the baking dish in two rows, overlapping them like shingles.
2. In a medium mixing bowl, beat together the egg, egg whites, skim milk, 1/4 cup sugar, brown sugar and vanilla extract. Pour the egg mixture over the bread.
3. In a small bowl, stir together the cinnamon, nutmeg, cloves and 2 tsp. sugar. Sprinkle the spiced sugar over the bread pudding. Bake the bread pudding for 30 to 35 minutes, until it has browned on top and is firm to the touch.
4. Serve warm or at room temperature, with warm apple-raisin sauce.

Nutrition Content Per Serving:

Calories: 233
Total Fat: 3 g
Saturated Fat: 1 g
Carbohydrates: 46 g
Protein: 7 g
Cholesterol: 24 mg
Sodium: 252 mg
Dietary Fiber: 3 g

