

Apple Bread Pudding

Oshkosh Community YMCA

Whole-grain bread, apples, and cinnamon make a sweet dessert that's healthy, too. Serve it warm and enjoy with a glass of low-fat or fat-free milk.

INGREDIENTS:

- 1 large egg
- 1 large egg white
- 1 cup fat-free milk
- 2 tablespoons brown sugar blend
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves or allspice
- 6 slices light, whole-grain bread, cubed
- 3 medium apples (cored, cut into 1/2-inch cubes)
- 1/2 cup of any one of the following: raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, chopped walnuts, pecans, or almonds (optional)



INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Lightly spray a 9-inch square baking dish with cooking spray.
3. In a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon, and cloves.
4. Stir in the bread, apples, and raisins, cranberries, blueberries, and/or nuts.
5. Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.

Nutrition Facts

Calories	131
Total Fat	1.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	32 mg
Sodium	154 mg
Total Carbohydrate	26 g
Dietary Fiber	5 g
Sugars	16 g
Protein	5 g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.