

# 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.



Recipe from "Easy Recipes using Common Commodity Foods", Northeast Project LEAN, Humboldt County Department of Health and Human Services, Eureka, CA., 2004.



**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.

