

Banana Oat Bread Pudding

Serves 16

- 4 slices of whole wheat bread (or 3-4 cups leftover stale bread), cut into cubes
- 1 cup quick cooking or rolled oats
- 2 ½ cup low-fat milk (shelf stable milk is ok to use)
- ¼ cup butter, softened
- 4 ripe, medium bananas, sliced
- ⅓ cup brown sugar
- ¼ cup raisins (optional)

1. Preheat oven to 350F. Lightly grease an 8" x 8" baking pan.
2. In a large bowl, break bread into small pieces.
3. Add oats and milk; stir. Let stand for 30 minutes.
4. To the milk mixture, add butter, bananas, brown sugar and raisins. Stir to combine and pour into prepared pan.
5. Bake at 350° F for 45-55 minutes, or until pudding has set. Serve warm or cold.

Recipe from Greater Pittsburgh Community Food Bank.

Nutrition information per 3 ounce serving: calories 120, total fat 4g, sodium 40mg, carbohydrate 20g, dietary fiber 2g, protein 3g.

Healthy Tip

This recipe has TWO whole grains:
whole wheat bread and oats.

Dietary fiber will help keep you full and possibly
lower your blood pressure and cholesterol.

