

Apple Bread Pudding



Ingredients:

- 6 slices whole wheat bread
- 1/2 cup raisins (optional)
- 1 large apple, peeled and chopped
- 2 tablespoons butter, melted
- 4 eggs, beaten
- 2 cups low-fat milk
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla

Directions:

1. Preheat oven to 350 F.
2. Break bread into small pieces. Arrange evenly in a 8x8 glass baking dish.
3. Mix in apples and raisins, if using. Drizzle with melted butter.
4. Mix eggs, milk, sugar, cinnamon, and vanilla in a medium bowl.
5. Pour egg mixture over bread, making sure all bread is coated.
6. Bake 45-60 minutes or until a knife inserted in the middle comes out mostly clean.

Makes 9 servings.



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