

Raisin Bread Pudding



Serves 9

Ingredients:

- 7 slices of whole wheat bread cut in cubes
- ½ cup seedless raisins
- 2 cups skim milk
- 3 eggs
- 2 tsp vanilla extract
- ½ tsp cinnamon
- ½ tsp nutmeg
- 1/8 tsp salt

Procedure:

- Preheat oven to 175°C/ 350°F.
- Place bread cubes in a greased pan.
- Mix remaining ingredients and pour over bread cubes.
- Bake for 40 minutes or until a sharp knife inserted in the center comes out clean.

Per serving:

- Calories: 141
- Protein: 6 gm
- Carbohydrates: 27 gm
- Fat: 1 gm

This is a great dessert topped with light whipped topping. Also think about having this for breakfast with fresh fruit.