



# Apple Bread Pudding

Makes 4 servings

## Ingredients

Cooking spray  
1 whole egg  
1 egg white  
1 cup skim milk  
2 tablespoons brown sugar blend  
1 teaspoon vanilla extract  
1 teaspoon cinnamon

½ teaspoon cloves or allspice  
6 slices light, whole-grain or multigrain bread, cubed  
3 medium apples, cored and cut into ½-inch cubes  
Optional: ½ cup of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans or almonds

## Instructions

1. Pre-heat oven to 350 degrees.
2. Spray 9x9 baking dish with cooking spray.
3. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture into prepared baking dish and bake in preheated oven for 40-45 minutes.

## Nutrition Facts

Serving size 3" x 4" piece (optional ingredients are not included in the nutrition analysis): Calories Per Serving 131;  
Total Fat 1.2 g; Cholesterol 32 mg; Sodium 154 mg; Carbohydrates 26 g; Protein 5 g

Source: American Heart Association

