Old Fashion Bread Pudding

Ingredients

5 slices bread, white or wheat
2 tablespoons margarine or butter
1/4 teaspoon cinnamon
1/3 cup sugar, white or brown
1/2 cup raisins
3 egg (or 1 egg + 2 egg whites)
1 1/2 cups non-fat milk
1/4 teaspoon salt
1 teaspoon vanilla extract

Instructions

Spread one side of bread with margarine or butter. Sprinkle with cinnamon. Cut into 1-inch cubes. In lightly sprayed casserole dish, combine bread, sugar, and raisins. Then follow microwave or oven method below.

Microwave method: In bowl, blend eggs, milk, salt and vanilla. Pour liquid over bread mixture; lightly blend. Cover, microwave on HIGH for 5 minutes. Turn dish 1/4 turn. Microwave on HIGH for 3-5 minutes longer (pudding is done when edges are firm and center is almost set). Let sit covered for 10 minutes before serving. Serve warm or cold. Refrigerate leftovers.

Oven method: Preheat oven to 350 degrees. In bowl, blend eggs, 2 cups (instead of 1 1/4 cups for microwaving) milk, salt, and vanilla. Pour liquid over bread mixture; lightly blend. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean). Serve warm or cold. Refrigerate leftovers.

Nutrition Facts

6 servings: 230 calories, 7g total fat, 8g protein, 36g carbohydrate, 1g fiber, 2g saturated fat, 300mg sodium

Recipe Provided By: University of Minnesota Cooperative Extension &