

## APPLE BREAD PUDDING

Serves 4

### INGREDIENTS

Cooking Spray

1 cup fat-free milk

1 large egg

1 large egg white

2 tablespoons low-calorie brown sugar blend

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

½ teaspoon ground cloves or ground allspice

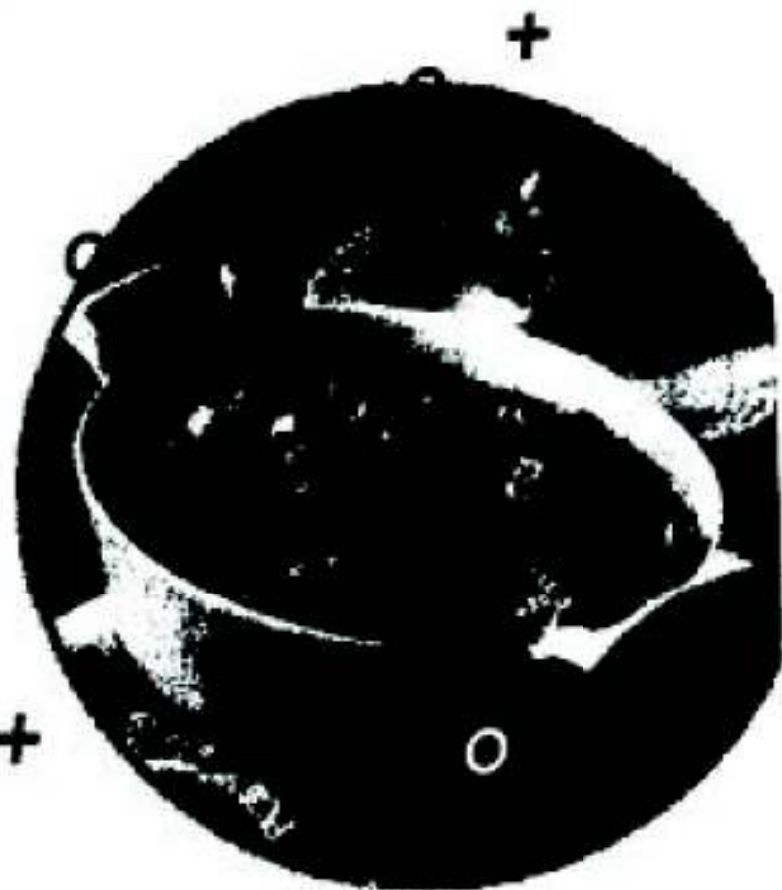
6 slices light, whole-grain, or multigrain bread (lowest sodium available), cubed

3 medium apples, cored and cut into 1/2-inch cubes

½ cup raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, or chopped walnuts, pecans, or almonds (optional)

### DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray a 9-inch square baking dish with cooking spray.
2. In a large bowl, whisk together the milk, egg, egg white, brown sugar blend, vanilla, cinnamon, and cloves.
3. Stir in the bread, apples, and raisins, cranberries, blueberries, or nuts.
4. Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.



NUTRITION FACTS	Per serving
Calories	132
Total Fat	1.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	32 mg
Sodium	154 mg
Carbohydrates	28 g
Dietary Fiber	5 g
Total Sugars	15 g
Protein	5 g
Dietary Exchanges: 1 starch, 1 fruit, ½ lean meat	

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