

Kitchen Talk®

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Cinnamon Apple Bread Pudding

This is absolutely the best bread pudding to grace any holiday table, and it's easy to do.

1 loaf cinnamon raisin bread, French bread or white bread, several days old and slightly dried out - cut in 2" by 2" pieces
1 quart low-fat or non-fat milk, heated
3/4 egg substitute, or 3 eggs
1-1/2 c. sugar
3 tbsps. melted butter
2 tbsps. vanilla extract
1tsp. cinnamon
1/2 to 1 c. chopped nuts
1/2 to 1 c. raisins
4 small apples, peeled and diced

Preheat oven to 350°. Spray a 3 quart baking dish, (13x9x2), with vegetable cooking spray. In a large bowl, place bread and milk and let soak for 10 minutes.

In another bowl, combine remaining ingredients and mix well. Stir into bread and milk.

Pour into prepared baking dish and bake 45-50 minutes or until center is firm.

Serve warm or room temperature, with or without non-fat whipped cream or Cool Whip.

Serves 10-12