

# Old Fashioned Bread Pudding

Rating: ★★★★★

**Cook time:** 25 minutes

**Makes:** 6 servings

## 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

## Directions

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

Microwave method:

1. In bowl, blend eggs, milk, salt and vanilla. Pour liquid over bread mixture; lightly blend.
2. 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).
3. Let sit covered for 10 minutes before serving. Serve

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	7 g	11%
Protein	8 g	
Carbohydrates	36 g	12%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	300 mg	13%

warm or cold. Refrigerate leftovers.

Oven method:

1. 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.

2. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean).

3. Serve warm or cold. Refrigerate leftovers.

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