

Bread Pudding with Vanilla Sauce

Rating: ★★☆☆

Makes: 6 servings

Ingredients

- 1 **tablespoon** margarine
- 5 **slices** whole wheat bread
- 3 egg
- 1/3 **cup** sugar
- 1 **pinch** salt
- 2 **cups** milk, non-fat
- 1 **teaspoon** vanilla extract
- 1/4 **cup** raisins
- 1 **teaspoon** cinnamon (and/or nutmeg)

Vanilla Sauce

- 1/3 **cup** sugar
- 1 **cup** water
- 1 **tablespoon** margarine (or butter)
- 1 1/2 **teaspoons** vanilla extract

Directions

1. Melt margarine in medium size skillet.
2. Tear bread in pieces and spread on bottom of skillet.
3. Beat eggs and stir in sugar, salt, warmed milk and vanilla. Sprinkle raisins over bread and pour egg mixture over all.
4. Cover and cook over very low heat for 20 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	266	
Total Fat	7 g	11%
Protein	9 g	
Carbohydrates	43 g	14%
Dietary Fiber	2 g	8%
Saturated Fat	2 g	10%
Sodium	309 mg	13%

MyPlate Food Groups

Grains	1 ounce
Protein Foods	1/2 ounce
Dairy	1/4 cup

5. Pudding is done when custard is set in the middle.
6. Allow to cool in the skillet.
7. Prepare vanilla sauce while pudding cools.
8. Combine cornstarch and sugar in a small saucepan. Gradually add water, stirring well.
9. Cook until thick and clear, stirring constantly.
10. Add margarine and vanilla, stirring until margarine melts.
11. Spoon over individual servings of bread pudding.
12. Refrigerate leftover bread pudding and vanilla sauce within two hours.

Washington State University Extension, Favorite Recipes for Family Meals