



CULINARY LEARN AND SHARE

Apple Bread Pudding

Servings: 4

Ingredients

- Cooking spray or butter
- 1 large egg + 1 egg white
- 1 cup (240 mL) fat-free milk
- 2 tbsp (30 mL) brown sugar blend
- 1 tsp (5 mL) vanilla extract
- 1 tsp (5 mL) ground cinnamon
- 1/2 tsp (2.5 mL) ground cloves, nutmeg, and/or allspice
- 6 slices light, whole-grain bread, cubed
- 3 medium apples-cored, cut into 1/2-inch cubes
- 1/2 cup (125 mL) of any one of the following: raisins, unsweetened dried cranberries or blueberries, chopped walnuts, pecans, or almonds

Directions

Preheat oven to 350°F (175°C).

Lightly coat a 9-inch square (23x23 cm) baking dish with cooking spray or butter.

In a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon, and cloves.

Stir in the bread, apples, and add-ins such as raisins, cranberries, blueberries, and/or nuts.

Pour the mixture into the baking dish.

Bake for 40 to 45 minutes, or until the bread cubes are golden brown.



Recipe Source: American Heart Association



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