



Apple Bread Pudding

 Cooking spray

 1 large egg, 1 large egg-white

 1 cut fat-free milk


 2 tbsp brown sugar


 1 tsp cinnamon


 1/2 tsp ground cloves/allspice


 6 slices whole grain bread


 3 medium apples cut into cubes

 1/2 cup of either raisins, dried blueberries, pecans, almonds, etc.


 Preheat the oven to 350F

 Spray a 9-inch baking dish with cooking spray

 In a bowl, whisk the egg, egg white, milk, brown sugar, cinnamon, vanilla, and cloves

 Stir in the bread, apples, raisins, blueberries, etc.

 Pour mixture in dish

 Bake for 40 to 45 mins, or until brown

Cal: 121 ● Carb: 26g ● Protein: 5g ● Sugar: 16g

Recipe Reference: American Heart Association