

Apple Cinnamon Bread Pudding

Shhh! No one will know you used whole wheat bread to make this delicious fall dessert that also satisfies your sweet tooth without adding too much sugar. Replace some of the sugar with maple syrup for extra fall flavor. Ever wondered what else you can do with applesauce? Try this recipe and see!

Yield: 6 servings

Serving Size: 1 cup

Ingredients:

- 6 cups whole wheat bread, torn into one inch pieces
- 2 cups skim milk
- 4 large eggs
- 1 1/2 cup applesauce, divided or 1 large apple, peeled and chopped
- 1 tsp vanilla extract
- 1/3 cup sugar
- 1 tsp cinnamon
- 1/2 cup raisins
- 2 Tbsp butter, unsalted

Instructions:

1. Preheat the oven to 325° F. Grease the inside of a two-quart casserole dish. Set aside.
2. Spread the bread pieces out on a baking sheet and bake in the preheated oven for about 10 minutes to slightly dry the bread. After baking, let the bread cool for a few minutes and add to a large mixing bowl.
3. While the bread is in the oven, prepare the apple cinnamon custard.
4. In a medium bowl, whisk together the milk, eggs, 1 cup of applesauce, vanilla extract, sugar, and cinnamon until combined and pour the custard over the bread in the bowl.
5. Add the raisins. Stir to combine and allow the bread to soak for at least 15 minutes to absorb all of the custard.
6. Transfer the soaked bread to the casserole dish and spread it out evenly. Cut the remaining butter into chunks and sprinkle it over the bread pudding.
7. Bake the bread pudding for 45 minutes, or until the internal temperature reaches 160°F.
8. After removing the bread pudding from the oven, add the remaining 1/2 cup applesauce in dollops on top of the bread pudding. Serve warm.

Per Serving: Calories 194 kcal, Carbohydrates 25 g, Protein 7.8 g, Sat Fat 3.5 g, Sodium 107.9 mg, Added Sugars 11.2 g

This recipe was taken from <https://www.budgetbytes.com/apple-cinnamon-bread-pudding/>



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