

Bread Pudding

Makes 8 servings

pudding:

6 square slices whole wheat bread
1/2 cup oatmeal
1 banana cut into small pieces
2 eggs
1/4 cup brown sugar
1 12oz. can evaporated milk
2 T cocoa powder
1 t nutmeg
1 t vanilla extract
1/4 t salt

Vanilla Glaze

1/2 cup sugar
1 T cornstarch
3/4 cup water
2 T butter
1 t vanilla extract
Pinch of salt



Preheat oven to 350° and spray an 8”x8” baking dish with nonstick cooking spray. Slice the bread into 1/2” cubes. Combine bread with oatmeal and bananas and place the baking dish. In a separate bowl combine eggs, brown sugar, evaporated milk, cocoa powder, cinnamon, vanilla extract, and salt. Pour liquid mixture over bread mixture, mixing to ensuring all bread and oats are evenly coated. Bake for 25 minutes until internal temperature has reached at least 165°.

Glaze:

In a saucepan combine sugar and cornstarch. Stir in boiling water. Simmer on medium heat stirring constantly for 5 minutes. Stir in butter, vanilla, and salt and take off heat. Spoon over bread pudding.

Nutrition information per serving: 190 calories, 3.5g total fat (1g saturated fat), 9g dietary fiber, 3g protein, 280 mg sodium. Good source of calcium.

