

Bread Pudding with Fruit

Serves 6-8
Prep time: 10 min.
Cook time: 15-50 min.



INGREDIENTS

- 10 slices whole grain bread
- 2 cups milk
- 4 eggs
- 1/4 cup sugar
- 3/4 tsp vanilla
- 1/4 tsp cinnamon
- Cooking oil spray
- 2/3 cup fruit (chunks of apple, banana, berries, raisins)
- 2 TBS ground flax or chia seed (optional - for heart-healthy omega-3 fatty acids)
- 2 TBS nuts (optional: almond slices or walnut pieces)

DIRECTIONS

1. Pre-heat oven to 350°.
2. Tear bread slices into 4 pieces
3. Combine milk, egg, sugar, vanilla, cinnamon and seeds/nuts in bowl.
4. Add bread and fruit to mixture. Put in oiled skillet and cook until browned. Flip and repeat.
5. Gently turn bread in mix to coat.
6. Spray 8x8-inch glass dish with cooking oil spray.
7. Put bread mixture into dish.
MICROWAVE:
Cover with plastic wrap and cook on HIGH for 10-15 minutes or until center is almost set (turn half-way through time). Let sit covered 10 minutes.
OVEN:
Cover with foil and bake for 50 minutes or until set.



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