

Bread Pudding

1/2 cup raisins
1/4 cup amaretto, cream sherry, bourbon, rum, or apple juice
6 slices stale whole wheat bread, cubed
1 12-oz. can evaporated non-fat milk
1 cup non-fat milk
1 egg
3 egg whites
1/3 cup brown sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 teaspoon vanilla

1. Soak raisins in amaretto for one hour to soften.
2. Place bread cubes in a lightly oiled 1-1/2 qt. baking dish.
3. Blend milk, egg, egg whites, sugar, spices and vanilla.
4. Drain liquor from raisins and add to egg mixture.
5. Mix raisins with bread cubes. Pour egg mixture over all.
6. Bake for one hour at 325°F.

Serves 6-8.

Variation: Add 4 chopped (unpeeled) apples to bread cubes.

Per serving: 185 calories, 2 gm fat, 30 mg cholesterol, 2 gm fiber, 200 mg sodium.

Source: *Cooking For A Healthier Ever After*, by Susan Stevens, R.D.,
HealthMark Centers of Colorado

Comments: What to do with bread going stale? When we're cruising, we always seem to end up with more bread in the loaf than we can eat before it starts to grow mold. I discovered this recipe several years ago, and it is a frequently baked dessert while we're out on the boat. I usually use rum, and haven't tried it with the variation of apples, but I do add about 1/2 cup of chopped walnuts. This is tasty, and it makes the boat smell wonderful while it is baking. It was a favorite of Sundance, our Persian kitty, who traveled with us until we lost him in December, 2005. Socks, who we lost in June, 2009, was rather indifferent about this dessert...she preferred ice cream, especially vanilla.