

Apple Bread Pudding

Whole-grain bread, apples, and cinnamon make a sweet dessert that's healthy, too. Serve it warm and enjoy with a glass of low-fat or fat-free milk.

Ingredients

Servings: 4 **Serving Size** one 3 x 4-inch piece

- Cooking spray
- 1 large egg
- 1 large egg white
- 1 cup fat-free milk
- 2 tablespoons brown sugar blend
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves or allspice
- 6 slices light, whole-grain bread, cubed
- 3 medium apples (cored, cut into 1/2-inch cubes)
- 1/2 cup of any one of the following: raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, chopped walnuts, pecans, or almonds (optional)

Directions

Preheat the oven to 350°F.

1. Lightly spray a 9-inch square baking dish with cooking spray.
2. In a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon, and cloves.
3. Stir in the bread, apples, and raisins, cranberries, blueberries, and/or nuts.
4. Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.

Quick Tips

Tip: Cloves are the dried, unopened buds of a type of evergreen tree. The ground cloves in this recipe add a sweet, slightly peppery flavor. Use cloves sparingly because their potent flavor can be overwhelming.

Nutrition Facts



Calories
131 Per Serving

Protein
5g Per Serving

Fiber
5g Per Serving

Nutrition Facts	
Calories	131
Total Fat	1.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	32 mg
Sodium	154 mg
Total Carbohydrate	26 g
Dietary Fiber	5 g
Sugars	16 g
Protein	5 g

Dietary Exchanges

1 fruit, 1/2 starch

References

1. American Heart Association. 2024. Web Address: <https://recipes.heart.org/en/recipes/apple-bread-pudding>