



Breakfast Bread Pudding (Large Font)

This dish is a great way to use up stale bread or fruit that has seen better days.

U.S.

6 slices	Whole Wheat Bread, stale or toasted
1 each	Banana, chopped
1 each	Apple, diced
1/2 tsp	Cinnamon
1/4 cup	Raisins (or other dried fruit)
1/4 cup	Walnuts, chopped
1/4 tsp	Kosher Salt
3 large	Eggs
1/2 cup	Milk, 1%
1 tsp	Vanilla Extract
1 tsp	Maple Syrup

Metric

6 slices
1 each
1 each
1.3 g
40 g
30 g
1.5 g
3 large
120 mL
5 mL
5 mL

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
3. Ensure that your bread is completely dried out. If not, place on a baking sheet and toast in the oven for 5-10 minutes, until completely dry.
4. Cut or rip the bread into bite sized pieces and place in a large mixing bowl.
5. Add the chopped banana, apple, cinnamon, raisins, walnuts, and salt to the bread and set aside.
6. In a separate bowl, scramble the eggs and add the milk, vanilla, and maple syrup. Pour the mixture over the bread and toss to coat.
7. Pour the mixture into greased muffin tins (this should make about 12 full-sized muffins) and bake for 15 minutes, or until the center is no longer runny.

****Nutrition Facts on Reverse**

Nutrition Facts

12 Servings

Serving size **1 muffin**

Amount per serving

Calories **100**

Calories from Fat 30

Total Fat 3.5 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated 1 g

Cholesterol 45 mg

Sodium 130 mg

Total Carbohydrate 45 g

 Dietary Fiber 2 g

 Total Sugars 6 g

 Includes 0.5g Added Sugars

Protein 4 g

Vitamin D 0 %

Calcium 4 %

Iron 4 %

Potassium 150 mg

Phosphorus 76 mg
