



Breakfast Bread Pudding

This is a great dish to use of a loaf of bread or fruit that has seen better days. Make a batch and pop extras in the freezer. To reheat, simply use a toaster, oven, or microwave.

<u>U.S.</u>		<u>Metric</u>
6 slices	Whole Wheat Bread, stale or toasted	6 slices
1 each	Banana, chopped	1 each
1 each	Apple, chopped	1 each
1 Tbsp	Orange Zest	10 g
1/2 tsp	Cinnamon	1.3 g
1/4 cup	Raisins (or other dried fruit)	37 g
1/4 cup	Walnuts	28 g
1/4 tsp	Salt, Kosher	0.7 g
3 large	Eggs	3 large
1/2 cup	Milk, 1%	120 mL
1 tsp	Vanilla Extract	5 mL
1 tsp	Maple Syrup	6 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Cut or rip the whole wheat bread into bite sized pieces and place in a large mixing bowl.
4. Add in the chopped banana, apple, cinnamon orange zest, raisins, walnuts and salt to the bread and set aside.
5. In a separate bowl scramble the eggs, add the milk, vanilla and maple syrup, Pour the mixture over the bread and fruit. Toss to coat.
6. Pour the mixture into lightly greased muffin tins (it should make about 12 full size muffins) and bake for 15 minutes, or until the center is no longer runny.

Variation: *feel free to add any fresh or dried fruit that you want, as well as changing out the walnuts to any nut or seed that you would like.

****Nutrition Facts on Reverse**

Nutrition Facts

Serving size **1 muffin**
Servings **12**

Calories 100
Calories from Fat 30

Total Fat 3.5 g
Saturated Fat 0.5 g
Trans Fat 0 g
Monounsaturated Fat 1 g
Cholesterol 45 mg
Sodium 130 mg
Carbohydrates 45 g
Dietary Fiber 2 g
Sugars 6 g
Protein 4 g

Vitamin A 2 %
Calcium 4 %
Vitamin C 2 %
Iron 4 %
Phosphorus 76 mg
