



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Cinnamon Apple Bread Pudding

Creamy and moist with sweet fruit and crème anglaise!

U.S.

1 each	Whole Wheat Baguette, 3/4 inch dice
1 each	Apple, medium, diced
2 Tbsp	Raisins
2 Tbsp	Flaxseed, ground
2 tsp	Blackstrap Molasses
1/8 tsp	Salt, Kosher
1/8 tsp	Nutmeg, ground
1/8 tsp	Allspice, ground
1 tsp	Cinnamon
1 tsp	Vanilla Extract
2 1/2 cups	Soymilk, unsweetened
1/2 cup + 2 Tbsp	Maple Syrup
	Pan Spray

Metric

		1 each
		1 each
		18.63 g
		12.5 g
		10 ml
		.59 g
		.59 g
		.59 g
		4.73
		5.0 ml
		591.46 ml
		118.3 ml + 30.0 ml
<i>For Serving:</i>		
1/2 cup	Crème Anglaise	118.3 ml

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Combine the bread, diced apple, and raisins in a greased 8x8 baking pan.
4. Combine the rest of the ingredients in a medium sized mixing bowl and whisk until well combined.
5. Pour the liquid over the bread mixture and let sit for at least 10 minutes.
6. Bake for about 30 minutes until liquid is absorbed and bread is browned.
7. Serve with Crème Anglaise.

****Nutrition Facts on Reverse**

10/06/16

Nutrition Facts

Serving size	1/3 cup pudding
	1 Tbsp crème anglaise
Servings	8
Calories	138
Calories from Fat	20
Total Fat	2 g
Saturated Fat	0.3 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	156 mg
Carbohydrates	26 g
Dietary Fiber	2 g
Sugars	15 g
Protein	4 g
Vitamin A	2 %
Calcium	3 %
Vitamin C	1 %
Iron	1 %
Phosphorus	0 mg
