

Bread Pudding

Dessert with a definite fall flavor

8 - 1/2 cup servings

Ingredients:

- 2 eggs, slightly beaten
- 2 1/4 cups milk
- 1/2 cup sugar
- 1 1/2 teaspoons ground cinnamon
- 5 cups (8 ounces) of French or other firm bread
cut into 1/2-inch to 3/4-inch cubes

Directions:

1. Preheat oven to 350 degrees.
2. Mix eggs, milk, sugar and cinnamon in a large bowl with wire whisk until well blended.
3. Stir in bread cubes.
4. Pour into ungreased 1 1/2 quart casserole dish.
5. Bake uncovered 40 to 45 minutes or until knife inserted 1-inch from edge of casserole comes out clean.

Nutrition Facts: One serving provides 160 calories, 3.5g total fat, 60mg cholesterol, 170mg sodium, 27g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Bread Pudding
Milk

Bread Pudding

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