

# Bread Pudding


Dessert with a definite fall flavor.



Level: Easy

Serves 8

## Kids' Tool Kit

Mixing bowl  
Whisk or fork   
Measuring cups  
Measuring spoons  
Knife  
Cutting board  
Casserole dish  
Hot pad

## 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:

**Remember to wash your hands!**

1. Preheat oven to 350 degrees.
2. In a large bowl mix eggs, milk, sugar and cinnamon with wire whisk or fork 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 dish comes out clean.

## Chef's Choice

Bread Pudding  
Milk

## Nutrition Facts

Serving Size 1/2 cup (116g)  
Servings Per Container 8

Amount Per Serving		
Calories	160	Calories from Fat 30
% Daily Value*		
<b>Total Fat</b>	3.5g	5%
Saturated Fat	1.5g	7%
<b>Cholesterol</b>	60mg	19%
<b>Sodium</b>	170mg	7%
<b>Total Carbohydrate</b>	27g	9%
Dietary Fiber	less than 1 gram	3%
Sugars	16g	
<b>Protein</b>	6g	

Vitamin A 4% • Vitamin C 2%  
Calcium 10% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**Helpful Hints:** Dried fruit makes a great addition to bread pudding. Raisins are often added to bread pudding recipes, but other fruits would taste great, too. Dried cranberries or diced apples are possibilities, or you can make bread pudding by starting with raisin bread. It's delicious!



**Safety Tip:** Be sure to store any leftover bread pudding in the refrigerator. It's important to keep it cold to prevent you and your family from getting sick. Leftovers can be warmed in the microwave before eating, if desired.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).