

## OLD FASHIONED BREAD PUDDING

5 slices of bread  
2 Tbsp. butter  
¼ tsp. cinnamon  
⅓ cup brown sugar  
½ cup raisins  
3 large eggs  
2 cups nonfat milk  
¼ tsp. salt  
1 tsp. pure vanilla extract

### PREPARATIONS

1. Heat oven to 350 F. Spray the bottom and sides of a 9-by-9-inch pan.
2. Spread butter on one side of bread slices. Sprinkle slices with cinnamon. Cut bread into 1-inch cubes.
3. Dump bread, sugar and raisins into prepared pan.
4. Blend eggs, milk, salt and vanilla together in a bowl. Pour over bread mixture in pan.
5. Bake uncovered for one hour. Pudding will be done when a table knife inserted in the pudding comes out clean.

Makes: 6 servings

#### Nutritional Information (per serving)

Total Calories	230
Total Fat	7 g
Protein	8 g
Carbohydrates	36 g
Dietary Fiber	1 g
Saturated Fat	2 g
Sodium	300 mg

Source: USDA