

Bread Pudding

Luz Roldan
Puerto Rico
Serving: 4-6 people
Yield: 7 cups
Time: 1:00 hour

Ingredients

2 eggs
3/4 cup of honey
1 1/2 teaspoons of ground cinnamon
1 tablespoon of vanilla
1 (12-ounce) can fat-free evaporated milk
1 cup of "lite" coconut milk
5 ounces of whole grain bread, cubed (4 cups)
1/2 cup of raisins
1 tablespoon of butter, melted
1 tablespoon of brown sugar

Directions

- ✦ Preheat oven to 325° Fahrenheit.
- ✦ Whisk together eggs, honey, cinnamon and vanilla in a large bowl.
- ✦ Blend in evaporated milk and coconut milk.
- ✦ Stir in the bread cubes and raisins, let sit for 10 minutes.
- ✦ Lightly coat a shallow 2 quart baking dish with nonstick cooking spray.
- ✦ Pour the bread mixture into the prepared pan.
- ✦ Drizzle with melted butter and sprinkle with brown sugar.
- ✦ Bake for about 40 minutes or until the top is browned and puffed.
- ✦ Serve warm.

Did You Know?

Stale or fresh, whole grain bread makes a luscious bread pudding. Low-fat milk contains the same amount of protein, calcium and vitamin D as whole milk without the artery clogging fat.