

Courtesy of The Red Cross – Please Donate



Bread & Butter Pudding

150g white sliced bread, weighed with crusts removed
(approximately 8 toast slices)
40g low-fat spread
50g no-added-sugar dried apricots, chopped
3-4 tablespoons sugar
sprinkling of ground cinnamon or nutmeg
2 eggs
300ml trim milk

1. Spread one side of each slice of bread with the low-fat spread and cut each slice into quarters.
2. Lightly grease a 4-cup capacity ovenproof dish. Arrange half of the slices of bread in the bottom of the dish, spread side up.
3. Sprinkle the chopped apricots and the sugar evenly over the bread. Sprinkle with half of the cinnamon.
4. Top with the remaining bread, spread side up. Sprinkle with the remaining cinnamon.
5. Combine the eggs and milk in a bowl and beat together well. Strain the mixture through a sieve and pour it evenly over the bread pudding. Lightly press down the top layer of bread.
6. Stand for 1 hour so that the bread absorbs the liquid. Preheat the oven to 190°C.
7. Bake for 35-40 minutes until the top is crisp and golden and the bread is puffed up.

Serves 4.



tip
You can make mini puddings instead, in which case adjust the baking time to 20-25 minutes.



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Until then, please enjoy & feel free to share this selected recipe

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