



From the Kitchen of Executive Chef Jessica VanRoo



Cinnamon Apple Bread Pudding

Serves 8

224 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Mixing the natural sweetness of apples with whole-grain bread takes classic bread pudding to another level, offering a touch of sweetness that is low in calories and fat!

Apples are naturally high in fiber, vitamin C and antioxidants, and they have a low glycemic index, which can help keep blood sugar levels in check. Whole wheat bread also is loaded with fiber, plus B vitamins, iron, folate, potassium and magnesium.

Preparing and serving this dessert in individual ramekins also helps us stay on track with New Year's resolution calorie budgets.

Total cost: \$10.86/\$1.36 per serving

Ingredients

- 4 large eggs
- 2 cups milk of choice (coconut, almond, oat)
- ⅔ cup honey or maple syrup
- 3 teaspoons cinnamon
- 2 green apples, diced or grated
- 7 cups whole wheat bread, cut into ½-inch cubes
- Powdered sugar (optional)

Instructions

1. Preheat oven to 350 degrees, coat eight 6-oz ramekins with nonstick spray, oil or butter, then set aside.
2. In a large mixing bowl, whisk eggs, milk, sweetener of choice and cinnamon. Mix well.
3. Add apples and bread cubes to the mix. Soak at least 15 minutes.
4. Portion the bread pudding mix among the prepared ramekins. Bake about 20 minutes or until the pudding sets.
5. Remove from oven. Allow to rest at least 5 minutes before serving.
6. Dust with a bit of powder sugar, if desired.