



# Bread pudding

Source of protein, fibres (if whole grains bread)



## Ingredients

3 cups	Milk	750 ml
3 cups	Dry bread, cut into cubes	750 ml
1 tsp	Vanilla extract	5 ml
¼ tsp	Nutmeg, ground	1 ml
½ tsp	Cinnamon, ground	2.5 ml
½ cup	Brown sugar	125 ml
½ cup	Raisins	125 ml
2	Eggs, beaten	2



## Preparation

1. Preheat the oven to 375°F (190°C).
2. In a big bowl, mix all the ingredients.
3. Pour the mixture in a large buttered baking dish.
4. Bake for 35 minutes or until pudding is set and top is golden brown.



## Tip

Vary the taste of pudding by adding overripe fruits (berries, apples, pears, peaches, etc.) to Step 2.