



Meat Substitutes

Whole Wheat Apple Bread Pudding

Recipe

Serves 12

Ingredients

- ◆ 1 loaf whole wheat, diced
- ◆ 2 Granny Smith Apples, cored and diced
- ◆ 2 pears, cored and diced
- ◆ ½ cup walnuts, chopped
- ◆ ½ cup raisins
- ◆ 1 teaspoon lemon zest
- ◆ 3 cup skim milk
- ◆ 4 egg whites
- ◆ 1/3 cup brown sugar
- ◆ 1 teaspoon Vanilla
- ◆ ½ teaspoon Cinnamon
- ◆ ¼ teaspoon cloves
- ◆ 1 teaspoon ground ginger
- ◆ 1/3 cup maple syrup



Directions

1. Spray or butter a large baking dish. Combine bread, apple, pears, walnuts and raisins together.
2. In a large bowl, combine the zest, milk, egg whites, sugar, and spices.
3. Pour the milk mixture over the bread. Allow the bread to soak in the milk for at least 1 hour or up to 24 hours.
4. Bake in a 350 degree oven until set, about 35 – 40 minutes, or until the top springs back when lightly

Nutritional Information



225 grams ~ 1 cup
 % based on Daily Value
 *based on a 2,000 calorie diet

Nutrition

Serving Size: **220 grams**
 Calories **245**
 Calories from fat **41**
 Total Fat **4.5 grams (7%)**
 Cholesterol **1 mg (0%)**
 Sodium **224 mg (9%)**
 Total Carbohydrate **43.5 grams (15%)**
 Dietary Fiber **5.0 grams (20%)**
 Sugars **24.7 grams**
 Protein **9.8 grams**

Vitamins

Vitamin A: **3%**
 Vitamin C: **6%**
 Calcium: **14%**
 Iron: **8%**

Good Points

Very low in cholesterol
Low in fat
High in dietary fiber
High in manganese
High in selenium