

Bread Pudding

8 slices reduced-calorie whole-wheat bread, cut into 1-inch pieces

1/2 C. raisins

4 C. skim milk

1 1/3 C. fat-free egg substitute

3 T. sugar

1 T. vanilla extract

1/2 t. cinnamon

Preheat oven to 350° F. Spray a 2-quart casserole with nonstick cooking spray. Place bread in casserole; sprinkle with raisins.

In medium bowl, combine milk, egg substitute, sugar, vanilla and cinnamon; pour evenly over bread mixture. Bake until a knife inserted in center comes out clean, about 55 minutes. Cool in pan on a rack 10 minutes; serve warm.

Serves 8.

Nutrition data, per serving: Calories 176 (6 percent from fat); fat 1.3 g (sat 0.4 g, mono 0.5 g, poly 0.2 g); protein 10 g; carbohydrates 33 g; fiber 1.82 g; cholesterol 2 mg; sodium 252 mg; calcium 222 mg.