

## Raisin Bread Pudding

### INGREDIENTS

1	Loaf of light white bread
2 ½ cup	2% milk
4 tablespoons	Margarine, melted
1 ¼ cup	Sugar substitute
1 teaspoon	Cinnamon, ground
2 tablespoons	Vanilla extract
¾ cup	Liquid egg substitute
¾ cup	Raisins
	Cooking spray

### INSTRUCTIONS

1. Preheat oven to 350 degrees. Coat 3 quart casserole dish with cooking spray. Melt margarine over low heat.
2. Crumble bread into a bowl. Add milk and mix thoroughly until well blended.
3. Add melted margarine, sugar substitute, cinnamon, and vanilla.
4. Add egg substitute and mix.
5. Add raisins, mix thoroughly and pour into baking dish.
6. Bake for 45 minutes on the middle rack of the oven.
7. Allow to cool on wire rack and serve in the baking dish.

**8 large servings**

### Nutrition facts- amount per serving:

Calories: 250	Exchanges:
Carbohydrate: 54 g	2 starch
Protein: 9 g	1 fruit
Fat: 0 g	½ very lean meat
Sodium: 135 mg	1 ½ fat
Calcium: 202 mg	