



Taste What's Cooking

Challah Apple Bread Pudding with Milk-Honey Sauce

Preparation Time: 25 minutes

Cook Time: 45 minutes

Makes: 10 (1-cup) servings

Ingredients

- 5 cups cubed Challah bread
- 2 Granny Smith apples, peeled and thinly sliced
- ½ cup golden raisins
- ¾ cup sugar
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon vanilla extract
- 2 eggs, beaten
- 2 cups Real Goodness, 0% Lactose Free Milk
- 1 tablespoon melted unsalted butter
- ¼ cup pecan halves (optional)

Directions

1. PREHEAT oven to 325 degrees.
2. COMBINE all ingredients (bread through butter) in a large mixing bowl.
3. TOSS ingredients to coat well and let mixture stand 10 minutes.
4. COAT a 9 x 9 x 2 baking dish with cooking spray, toss bread mixture and POUR into the baking dish. TOP with pecans if desired.
5. BAKE for 45 minutes or until set.

Meanwhile, prepare the Milk-Honey Sauce:

1. MELT butter in a small saucepan over medium-high heat, whisk in honey and milk.
2. SIMMER until syrupy, WHISKING constantly; 5 minutes.
3. DRIZZLE honey sauce evenly over top of pudding according to taste. (You may not need to use all of the sauce.)

Nutrition Facts, Bread Pudding, no Sauce:

231 Calories; 7 grams Fat; 2 grams Saturated Fat; 79mg Cholesterol; 119mg Sodium; 39 grams Carbohydrate; 3 grams Dietary Fiber; 6 grams Protein



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Nutrition Facts for $\frac{1}{4}$ cup Milk-Honey Sauce:

206 Calories; 4 grams Fat; 2 grams Saturated Fat; 12mg Cholesterol; 41mg Sodium; 47 grams Carbohydrate; 0 grams Dietary Fiber; 1 gram Protein