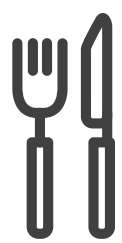


Bread & Butter Pudding

Bread and butter pudding is a classic baked dessert that's perfect on a wintery day. Quick and easy to make, it tastes delicious with hints of banana, apple and cinnamon.



Serves 10 children



45 minutes

INGREDIENTS

Banana, fresh 120g (1 large)

Apple, fresh 210g (1 large)

Egg 300g (6 large)

Milk, low fat 520g (2 C)

Sugar, white or raw 50g (1/4 C)

Vanilla essence 7g (1 tsp)

Bread, raisin, sliced 215g (6 slices)

Oil, canola 10g (2 tsp)

Cinnamon 2g (1 tsp)

DIRECTIONS

1. Preheat oven to 180 ° C and line baking dish with baking paper. Mash banana with a fork and grate apple.
2. Cut slices of raisin bread in half (two triangles) and then lay in baking dish.
3. In a bowl mix eggs, sugar, milk, mashed banana, grated apple and vanilla essence together.
4. Pour mixture over the bread and sprinkle cinnamon over the top.
5. Bake in the oven for 30 minutes.

Allergy Information

Contains: egg, cow's milk protein, wheat, gluten

Childcare RDI Calculator:

Fat	<div></div>	20 %
Vegetables	<div></div>	0 %
Meat/Alt*	<div></div>	50 %
Cereals	<div></div>	50 %
Dairy	<div></div>	50 %
Fruit	<div></div>	20 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services