

Vanilla Bread Pudding w/ Peaches

Serves 6; 2½ x 4 inch piece bread pudding and ⅓ cup cooked peaches per serving

Like a soufflé, this bread pudding is puffy for only a moment. It is best when served fresh from the oven.

Bread Pudding

- 1 cup fat-free milk
- Whites of 3 large eggs
- ⅓ cup sugar
- 1 teaspoon vanilla, butter, and nut flavoring or vanilla extract
- ¾ teaspoon baking powder
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 4 slices stale white bread, cut into cubes
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- ½ cup water
- 2 large peaches, peeled or unpeeled, thinly sliced (about 12 ounces)
- 2 tablespoons sugar



Preheat the oven to 375°F.

In a small bowl, whisk together the bread pudding ingredients except the bread.

Fold in the bread cubes just until coated. Don't overmix. Spoon into the baking pan.

Bake for 25 minutes, or until a sharp knife inserted in the center comes out clean.

Meanwhile, in a medium saucepan, bring the water to a boil over high heat. Stir in peaches and sugar. Return to a boil. Reduce the heat and simmer, uncovered, for 4 minutes, or until just tender.

To serve, cut the bread pudding into 6 pieces. Transfer to dessert plates. Spoon ⅓ cup peaches over each serving.

Calories **152**
Protein **5 g**
Carbohydrates **32 g**
Fiber **2 g**
Sugars **22 g**
Cholesterol **1 mg**
Total fat **.5 g**
Saturated **0.0 g**

Polyunsaturated **0.5 g**
Monounsaturated **0.0 g**
Sodium **200 mg**

Dietary exchange
1½ starch
½ fruit