

## Bread Pudding

### Ingredients:

- 8-9 slices of toasted bread
- 1/4 c. raisins
- 1/4 c. chopped pecans (optional)
- 1/2 c. shredded light cheddar cheese
- 1 t. cinnamon
- 3-4 cups naturally sweetened apple juice



1. Coat the inside of a crock pot with non-stick spray. Layer bread, raisins, pecans, cheese in the crock pot.
  2. Sprinkle cinnamon on the layer and pour on just enough juice to moisten bread.
  3. Repeat layering. Set the crock pot on low setting and heat about one hour, until the cheese melts.
- Serve warm.

*Nutrition Analysis: 1/8 recipe provides 150 calories, 2g total fat, 1g saturated fat, 0g trans fat, 5 mg cholesterol, 200mg sodium, 28g total carbohydrate, 2g dietary fiber, 12g sugar, 5g protein*



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families.

USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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