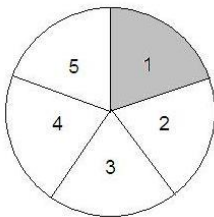


Bread & Butter Pudding

Serves 5-6

Portions of fruit & vegetables per serving: 1



Oven needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

Contains egg

Contains milk

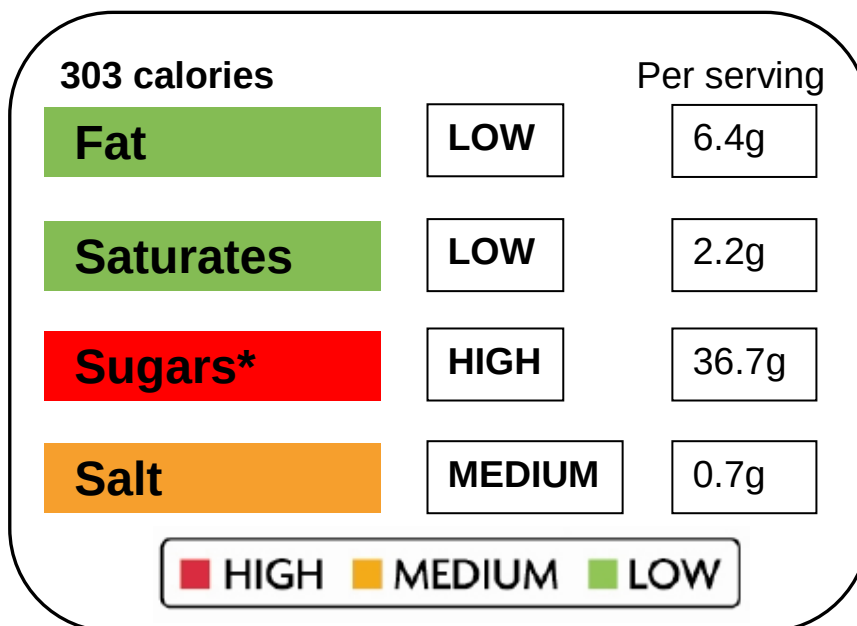
May contain sulphur
dioxide

Ingredients	Amount	Preparation
low fat margarine	1 dessertspoon	
sliced bread	8 slices	cut into triangles
milk - semi or skimmed	568ml (1 pint)	
eggs	3 medium	beaten
banana	3 medium	peeled and sliced
raisins or sultanas	4 tablespoons	
ground cinnamon	2 teaspoons	
ground mixed spice	2 teaspoons	
sugar	40g (1½oz)	

Please Turn Over

Method

- 1 Pre-heat the oven to 180°C / gas mark 4.
- 2 Spread margarine thinly over both sides of the bread.
- 3 Grease a large ovenproof dish with a little margarine.
- 4 Put the milk and eggs in a jug and beat well.
- 5 Arrange half of the bread triangles in the bottom of the ovenproof dish, arrange the banana slices on top. Sprinkle the raisins, 1 teaspoon of cinnamon and 1 teaspoon of mixed spice over the bread and banana.
- 6 Arrange the rest of the bread over the top and pour the egg and milk mixture over the bread.
- 7 Leave to soak in for 5 minutes.
- 8 Sprinkle the sugar and remaining cinnamon and mixed spice over the top and bake in the oven for 20-25 minutes or until firm and light brown.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Try using wholemeal or 'best of both' bread for more fibre.
- Experiment with different kinds of fruit e.g. apricots, dates or berries.