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# HEALTHY BREAD & BUTTER PUDDING

## Ingredients:

- 25g low fat spread
- 8 slices of bread (thin slices)
- 50g sultanas
- 2 tsp cinnamon
- 350ml milk (semi-skimmed)
- 3 eggs
- 25g granulated sugar

## Method:

1. Preheat the oven to 170°C/fan150°C/gas 3½,
2. Brush the bread with a little melted spread on one side, then cut into triangles
3. Layer spread-side up with the sultanas in a 1.2 litre ovenproof dish
4. Heat all the milk in a pan until almost boiling
5. Beat the sugar with the egg and egg yolks in a bowl, then pour over the milk.
6. Cook over a medium heat until the mixture just coats the back of a spoon
7. Add the cinnamon.
8. Pour the liquid over the bread, then leave to soak in for 20 minutes.
9. Bake the pudding for 30-40 minutes until the custard is set and the tips of the bread slices are golden.

