

Apple N Peanut Butter Bread Pudding

Skippy Peanut Butter
www.peanutbutter.com

Servings: 6

1 1/2 tablespoons margarine, divided
2 Granny Smith apples, peeled, cored
and finely chopped
1/2 cup creamy peanut butter spread
(with honey)
1/2 cup raisins
5 cups (about five slices) whole grain
bread
1 cup fat-free egg substitute
1 cup 1% milk
1/2 cup ground cinnamon
2 tablespoons firmly packed brown
sugar

Preparation Time: 15 minutes

Cook Time: 50 minutes

Preheat the oven to 350 degrees.

Grease a two-quart casserole with 1/2 teaspoon of margarine. Set aside.

In a twelve-inch nonstick skillet over medium-high heat, melt the remaining margarine. Cook the apples, stirring occasionally, for 10 minutes or until golden. Stir in the peanut butter and raisins until the peanut butter is melted. Remove from the heat. Stir in the bread. Set aside.

In a large bowl, whisk the egg substitute, milk, cinnamon and brown sugar. Set aside.

Toss the bread mixture with the egg mixture. Turn into the prepared casserole.

Bake covered for 35 minutes. Remove the cover and bake an additional 5 minutes or until golden.

Sprinkle with confectioner's sugar, if desired.

Try drizzling with melted preserves,
chocolate and/or pure maple syrup.

Per Serving (excluding unknown items): 226 Calories; 5g Fat (18.6% calories from fat); 6g Protein; 45g Carbohydrate; 9g Dietary Fiber; 2mg Cholesterol; 245mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Fruit; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	226	Vitamin B6 (mg):	.2mg
% Calories from Fat:	18.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	72.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	23mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refused:	0 0%
Carbohydrate (g):	45g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	1 1/2
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	245mg	Vegetable:	0
Potassium (mg):	360mg	Fruit:	1
Calcium (mg):	199mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	1/2
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	254IU		
Vitamin A (r.e.):	57 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	226	Calories from Fat: 42
% Daily Values*		
Total Fat	5g	8%
Saturated Fat	1g	6%
Cholesterol	2mg	1%
Sodium	245mg	10%
Total Carbohydrates	45g	15%
Dietary Fiber	9g	35%
Protein	6g	
Vitamin A		5%
Vitamin C		9%
Calcium		20%
Iron		28%

* Percent Daily Values are based on a 2000 calorie diet.