

Creamy Grapenut Pudding

Grace B Koval

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*2/3 cup grapenuts
3 cups milk
3 eggs, stiffly beaten
1/4 cup sugar
pinch salt
1 teaspoon vanilla
nutmeg*

In a saucepan, scald the milk. Add the grapenuts and cool slightly. Add the eggs, sugar, salt and vanilla.

Turn the mixture into a baking dish. Top with nutmeg. Set the dish in a pan of hot water that is half full.

Bake for one hour at 325 degrees or until a silver knife inserted comes out clean.

Per Serving (excluding unknown items): 878 Calories; 39g Fat (40.6% calories from fat); 43g Protein; 86g Carbohydrate; 0g Dietary Fiber; 736mg Cholesterol; 569mg Sodium. Exchanges: 2 1/2 Lean Meat; 3 Non-Fat Milk; 5 1/2 Fat; 3 1/2 Other Carbohydrates.