

## Cinnamon Raisin Bread Pudding

½ cup *sugar*  
2 large *eggs*  
1 cup 1% *milk*  
3 cups (½-inch) cubed *whole-wheat bread*

2 *tbsp raisins*

*Cooking oil spray*

2 *tbsp honey*

1 *tbsp light margarine* (trans fat-free)

½ *tsp vanilla extract*

¼ *tsp ground cinnamon*

1 *tsp powdered sugar*

- 1 Whip together sugar and eggs in a medium bowl; gradually stir in milk.
- 2 Place bread and raisins in a 32-ounce baking dish that has been lightly coated with cooking oil; completely cover bread with egg mixture and let stand 5 minutes.
- 3 Meanwhile, place honey, margarine, vanilla and cinnamon in a small bowl and heat in microwave oven on high for 20 seconds.
- 4 Drizzle honey mixture over bread and bake in a preheated 375°F oven for 30 minutes or until puffed and golden.
- 5 Serve warm with a dusting of powdered sugar.

**MAKES 4 SERVINGS** (about 1 cup each).

**Per serving:**

266 calories

3.3g protein

5g fat

56g carbs

2.5g fiber

211mg sodium