



Apple Raisin Bread Pudding

4 cups white bread cubes (6 slices)	½ cup apple juice
1 medium apple, chopped	¼ cup sucralose (Splenda®)
1 cup raisins	1 ½ tsp. cinnamon
2 large eggs	Cooking spray
12 oz. non-fat evaporated milk	

Directions

1. Preheat oven to 350°F. Wash hands with soap and water. Spray a 11X7 inch baking dish with cooking spray.
2. Combine breadcrumbs, chopped apple, and raisins in a large bowl.
3. Beat eggs in a medium bowl. Stir in evaporated milk, apple juice, Splenda®, and cinnamon; mix well.
4. Pour egg mixture over bread mixture, pressing bread into egg mixture. Let stand for 10 minutes.
5. Pour into baking dish. Bake for 40-45 minutes, or until internal temperature reaches 160°F on a food thermometer and apples are tender. **Yield: Makes 12 Servings**

Nutrition Facts (per serving): 112 calories, 1 gram fat, 105 milligrams sodium, 22 grams carbohydrate, 2 grams fiber, 4 grams protein

Recipe can also be found at University of Illinois Extension: Recipes for Diabetes <https://extension.illinois.edu/diabetesrecipes>