

Bread and Berry Pudding

Serves: 6

Prep time: 15 minutes

Cook time: 1 hour 15 minutes



½ serve per portion

Ingredients

6 slices wholemeal fruit loaf, thick cut

Olive oil spread

1 cup blueberries, fresh or frozen

½ cup sultanas

2 eggs

2 ½ cups reduced fat milk

½ teaspoon vanilla essence

½ teaspoon ground nutmeg

Method

PREHEAT oven to 160°C. Grease an oven proof dish with olive oil spread.

SPREAD olive oil spread on each side of the bread and cut into triangles.

ARRANGE bread in the baking dish and scatter with blueberries and sultanas.

WHISK eggs, milk and vanilla together.

POUR over bread and sprinkle with nutmeg.

FILL a tray half full with cold water and place pudding dish into water.

BAKE for 1 hour and 15 minutes or until a knife comes out clean.



Discretionary Food

Recipe courtesy of Trish Doherty, Tannum Sands Branch