

# Breakfast Bread Pudding

**Yield: 12 servings**

## Ingredients

6 slices whole wheat bread;  
stale or toasted

1 each banana; chopped

1 each apple; chopped

½ teaspoon cinnamon; ground

¼ cup raisins; or other dried fruit

¼ cup walnuts

¼ teaspoon kosher salt

2 large eggs

1 tablespoon ground flaxseed

3 tablespoons water

½ cup plain, unsweetened  
almond milk

1 teaspoon vanilla extract

1 teaspoon maple syrup

## Instructions

1. Preheat oven to 350 degrees.
2. In a small bowl, mix together the ground flaxseed and the water, set aside and allow to thicken.
3. Cut or rip the whole wheat bread into bite-sized pieces and place in a large mixing bowl.
4. Add the chopped banana, apple, cinnamon, orange zest, raisins, walnuts and salt to the bread and set aside.
5. In a separate bowl scramble the eggs, mix in the flaxseed mixture, milk, vanilla and maple syrup, pour the mixture over the bread and fruit. Toss to coat.
6. Pour the mixture into lightly greased muffin tins (it should make about 12 full-size muffins) and bake for 15 minutes, or until the center is no longer runny.

**Variation:** feel free to add any fresh or dried fruit that you want, as well as changing out the walnuts to any nut or seed that you would like.

## Nutrition Information

**Serving Size:** 1 muffin  
Calories: 128  
Total Fat: 4.1 g  
Saturated Fat: 0.7 g  
Monounsaturated Fat: 0.9 g  
Polyunsaturated Fat: 2.1 g  
Sodium: 136.8 mg  
Total Carbohydrate: 20.1 g  
Dietary Fiber: 2.5 g  
Sugars: 6.5 g  
Protein: 4.1 g

Source: Health Meets Food



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