

raisin bread pudding

Makes 8-10 servings.

The perfect ending to a meal
or a comforting snack!

- 8 cups (2L) cubed raisin or fruit bread
- 1/4 cup (50 mL) golden raisins
- 1 1/4 cup (50 mL) candied orange (optional)
- 2 tbsp (25 mL) chopped almonds (optional)
- 2 tbsp (25 mL) Spectrum Organic Whole Flaxseed
- 5 eggs
- 3 cups (750 mL) Refrigerated Soy Dream Enriched Vanilla
- 3/4 cup (175 mL) granulated sugar
- 1 tbsp (15 mL) grated orange rind
- 1 tsp (5 mL) vanilla
- Spectrum Almond Oil (optional)

Sprinkle bread in bottom of greased 10-inch (2.5L) oval baking dish. Sprinkle raisins and candied orange and almonds, if using and flaxseed over top; set aside. In large bowl, whisk together eggs, Soy Dream, sugar, orange rind and vanilla. Pour over bread mixture. Cover and refrigerate for 1 hour. Uncover and bake in 375 F (190 C) oven for about 45 minutes or until golden and knife inserted in centre comes out clean. Drizzle each serving with some oil if desired.



Per each of 8 servings:

330 calories, 11 g protein, 8 g fat, 55 g carbohydrates,
4 g fibre, 250 g sodium.