

Caramel Apple Bread Pudding

By: Dottie Baltz

Makes 8 Servings

- ~ 1 cup unsweetened applesauce
- ~ 1 cup fat free milk
- ~ 1/2 cup packed brown sugar
- ~ 1/2 cup egg substitute or 2 large eggs
- ~ 1 teaspoon vanilla extract
- ~ 1 teaspoon ground cinnamon
- ~ 5 cups cubed day old bread
- ~ 1/2 cup chopped apple (leave skin on for more fiber)
- ~ 1/2 cup fat free whipped topping (optional)
- ~ 1/2 cup fat free caramel ice cream topping (optional)

In a large bowl, combine applesauce, milk, brown sugar, egg substitute, vanilla and cinnamon. Fold in the bread cubes and the apple.

Pour into an 8" square baking pan coated with non-stick cooking spray and bake uncovered at 325 degrees for 35-40 minutes or until knife inserted near the center comes out clean and the top is a nice golden brown.

Serve warm with caramel sauce or whipped topping. Also great with a scoop of vanilla ice cream.

Substitutions:

Soy milk, coconut milk and almond milk are great substitutions if you don't use cow's milk.

You can also add a 1/4 cup finely chopped walnuts, almonds or pecans when you are folding in the bread and apples.