

# HEALTHY MEAL RECIPES



## Apricot bread pudding

### Ingredients (Serves 4)

- 25g low-fat spread
- 6 medium slices fruit bread
- 50g ready-to-eat dried apricots, chopped
- 2 eggs
- 450ml (3/4 pint) semi-skimmed milk
- 1 teaspoon vanilla extract
- 45g caster sugar

### Equipment

Baking dish, measuring spoons, knife, and stirrer.

### Method

1. Grease a 1 litre baking dish with  $\frac{1}{2}$  teaspoon of the low fat spread. Spread the bread with the rest of the low fat spread, then cut each slice into triangles. Arrange them in the dish with the chopped apricots.
2. Beat together the eggs, milk and vanilla extract. Stir in the sugar, allowing a few minutes for it to dissolve. Pour over the bread. Cover and leave to soak for at least 20 minutes.
3. Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Remove the covering from the pudding and bake it for about 35-40 minutes, until set and golden brown.

**Preparation time:** 15 minutes

**Cooking time:** 35 minutes

Approximate cost for recipe: £1.56

Approximate cost per serving: 39p

### Handy hints

- If you like, prepare the pudding in advance, so that it can soak for several hours in the fridge before baking.
- Use regular white bread instead of fruit bread and add a handful of sultanas and dried cherries or cranberries to the pudding.