

Bread and butter pudding

Serves 6



Ingredients

50g/2oz low fat polyunsaturated spread
25g/1oz sugar
570ml/1 pint skimmed milk
6 slices of wholemeal bread
2 handful mixed dried fruit
2 eggs

Method

1. Spread the bread thinly with the low fat spread. Cut into triangles.
2. Place half of the bread into a 9x9 inch 23 cmx23 cm ovenproof dish so it covers the bottom and sides.
3. Sprinkle with half the dried fruit.
4. Top with remaining bread, 'buttered' side uppermost. Sprinkle with half the sugar and remaining fruit.
5. Beat eggs and milk together well. Pour over the bread and sprinkle with the remaining sugar .
6. Leave to stand for 30 minutes so that the bread absorbs some of the liquid.
7. Bake at 170°C/325°F gas mark 4 for 45-55 minutes or until pudding is set and the top is crisp.