

Bread Pudding

A diabetic-friendly recipe

Ingredients:

- 1 egg, well beaten
- 1 cup skim milk
- 1 teaspoon vanilla
- 2 packages artificial sweetener
- 1 slice white bread, cut into cubes
- 2–3 tablespoons raisins
- Dash of nutmeg



Directions

1. Beat egg, milk, vanilla, and sweetener together.
2. Spray microwave-safe dish with non-stick vegetable spray.
3. Arrange bread cubes and raisins in dish. Pour milk mixture over bread to moisten each cube.
4. Sprinkle dash of nutmeg over top and microwave on high for 5 minutes or until knife inserted in center comes out clean. (Be careful not to overbake.)

Makes 4 servings

***To make a recipe card, print on card stock paper. Cut out along dotted lines.
Glue the front and back of the card together.***