

## **Banana and Raisin Bread Pudding**

9 slices bread, crusts cut off  
2 large or 4 “bobby” bananas  
1/2 cup raisins  
1 1/3 cup trim milk  
3 large eggs  
Grated rind of 1 lemon  
3/4 cup brown sugar  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon salt

Heat oven to 180C. Lightly grease a 30cm by 18cm baking dish. Cut bread slices into quarters. Arrange 1/3 of the bread in a single layer in bottom of dish. Spread 1/2 of the sliced bananas evenly over bread in dish; sprinkle 1/2 raisins on top. Repeat this layer (bread, bananas, raisins) and top with remaining bread. In large bowl, combine milk, eggs, lemon rind, 1/2 cup of the brown sugar, cinnamon, nutmeg, and salt; beat until well combined. Pour over bread and fruit; sprinkle top with remaining brown sugar and bake 40 to 45 minutes or until firm. Serve warm or cold with yoghurt/custard or low fat icecream

### **Health Habits:**

- Not buttering the bread – butter has no functional role in such dishes
- Adding bananas and raisins – adds vitamins, minerals and fibre
- Using trim milk – less fat