



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Apple Bread Pudding

Ingredients

- 6 slices whole grain bread, cubed
1 1/2 cups unsweetened applesauce
1/4 teaspoon cinnamon, divided
1 medium apple, chopped
2 Tablespoons butter
2 cups 1% milk
1/3 cup sugar
2 eggs, slightly beaten
1 teaspoon vanilla extract
vegetable oil spray

Instructions

- 1. Spray 8x8x2 inch baking pan with vegetable oil spray.
2. Layer pan with half of the bread cubes.
3. Mix applesauce with 1/8 teaspoon cinnamon, & spread over cubes. Top with apple pieces.
4. Layer remaining bread cubes. Dot with butter.
5. Combine milk, sugar, eggs, vanilla: pour over bread mixture. Sprinkle remaining 1/8 teaspoon of cinnamon on top.
6. Bake uncovered in 350° F preheated oven 55-60 minutes or until a knife inserted in the center comes out clean.

Makes 9 servings

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Includes rows for Total Fat (5g), Saturated Fat (2.5g), Cholesterol (55mg), Sodium (135mg), Total Carbohydrate (25g), Protein (6g), and Vitamins A, C, Calcium, and Iron.

26% calories from fat

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