

# Healthy Fruit Loaf Bread Pudding

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*This is a really tasty version of bread pudding that uses fruit loaf as a flavour base. The use of skimmed milk in the recipe instead of cream makes it a healthier option, too.*

## Ingredients:

6 slices of fruit loaf, buttered both sides  
350ml skimmed milk  
3 tbsp. runny honey  
2 eggs + 2 extra egg whites  
2 tsp. vanilla extract

## Directions:

1. Preheat the oven to 160C and grease and line a small baking dish.
2. Beat together the eggs, egg whites, skimmed milk, honey, and vanilla.
3. Lay the fruit loaf out in the baking dish in an even layer.
4. Pour the milk mixture over the fruit loaf and then place the baking dish into the oven.
5. Cook the pudding for 35 minutes or until it goes a deep, golden brown colour. Serve warm with fruit compote or custard.

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