



Fruity bread and butter pudding

Ingredients:

- 15g butter, plus a little extra for greasing
- 2 thick slices granary bread, each cut into 4 triangles
- 1 small apple, finely sliced
- 6 ready to eat dried apricots, chopped
- Handful sultanas/raisins
- 1 tbsp caster sugar
- 1 egg, beaten
- 200ml semi-skimmed milk

Method:

1. Preheat the oven to 200C. Butter the bread and place 4 triangles in the base of a lightly buttered small oven-proof dish.
2. Layer over the fruit and sprinkle with half of the sugar.
3. Layer over the remaining bread and sprinkle with the leftover sugar.
4. Beat together the egg, and milk and pour over the bread.
5. Leave to soak for about 20 minutes. Bake for 20-30 minutes until puffed up and golden.
6. Delicious served with extra fruit, such as apple puree and a scoop of ice cream.

Did you know ?

Raisins are a good source of potassium, which helps to stabilise the heartbeat and keep the skin healthy.

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