

1. Put the bread into a bowl and pour the milk over. Leave to soak for 3 or 4 minutes.
 2. Put the butter into a small bowl and cook for 1min until melted.
 3. Stir the butter, egg, spice, peel and fruit into the bread mixture, and spoon it into a lightly buttered, straight-sided dish.
 4. Cook, uncovered, on MEDIUM (50%) for about 10 mins until just firm.
 5. Sprinkle with sugar.
 6. Grill until golden. Stand for 5 mins
 7. Serve hot or cold.
- 100g wholemeal bread, cut into small pieces
350ml (3/4pt) semi skimmed or soya milk
50g (2 oz) butter/low fat spread
one size 2 egg, beaten
10ml (2 tsp) ground mixed spice
50g (2 oz) dried mixed peel
175g (6 oz) dried mixed fruit
Demerara sugar

Dessert**'What's Cooking!' Recipe Card****BREAD PUDDING****Food Fact:-**

Wholegrain, wholemeal and brown bread give us energy and contain B vitamins, vitamin E, fibre and a wide range of minerals.

White bread also contains a range of vitamins and minerals, but it has less fibre than wholegrain, wholemeal or brown bread.

Preparation time 10 mins

Cooking time 15mins

Makes: 4 servings