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BLUEBERRY BREAD PUDDING

A delicious and healthier low-fat version of the more traditional Bread and Butter Pudding.

Serves 4

Per serving 341 calories, 3.1% fat

Preparation time: 10 minutes

Cooking time: 30 minutes

INGREDIENTS

200g sliced bread
200g blueberries
50g brown sugar
4 eggs, beaten
2 tbsps caster sugar
400ml semi-skimmed milk

Stale bread is perfect to use for this pudding

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Cut the bread into quarters and place in the base of an ovenproof dish. Sprinkle with the sugar and blueberries.
3. Beat together the eggs with the sugar and milk and pour over. Allow to stand for 10 minutes for the liquid to be absorbed.
4. Oven bake for 30 minutes and serve immediately.

