

Bread and apple pudding



Serves: 4

Time

Preparation time 25 minutes (plus 30 minutes soaking time)

Cooking time 20–25 minutes

Ingredients

- a little sunflower oil to grease the dish
- 4 egg yolks
- 4 tablespoons caster sugar (3 for egg yolks, 1 for apples)
- 568ml semi-skimmed milk
- 2 cooking apples, peeled and sliced
- 4 tablespoons sultanas
- ½ teaspoon ground cinnamon
- 4 slices wholemeal or white bread

To serve

- 150g low-fat natural yogurt

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Lightly brush an ovenproof dish with oil.
3. In a large bowl, lightly whisk the egg yolks with 3 tablespoons of the caster sugar.
4. Place the milk in a saucepan and gently heat until warm but not boiling. Remove from the heat. Add to the egg yolks and stir well to mix.

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5. Place the apples in a bowl with the sultanas, the remaining caster sugar and the cinnamon. Stir well to mix.
6. Cut the crusts off the bread, then cut each slice into 4 triangles. Arrange half the bread triangles in the ovenproof dish, then sprinkle the apples and sultanas mixture over.
7. Arrange the remaining slices of bread over the top so they overlap and then pour the milk custard mixture over the bread.
8. Leave to soak for 30 minutes, then bake for 20–25 minutes or until crisp and golden brown on top.
9. Serve with a spoonful of yogurt.