

Bread and Butter Pudding, the reduced fat alternative.

A pudding naturally sweetened with dried fruits and honey, made with custard using reduced fat crème fraiche.

Makes 6 servings.

Preparation time 20 minutes

Cooking time 25 to 30 minutes

Oven temperature Preheated 190oC / 170oC fan / 375oF / Gas Mark 5

Ingredients

12 slices Glutafin Select White Loaf or Glutafin Select Fresh Bread, refreshed following on pack instructions.

50g / 2oz reduced fat spread.

75g / 3oz mixed dried fruit.

50g / 2oz dried apricots, diced.

150ml / ¼ pt skimmed milk

150g / 5oz reduced fat crème fraiche.

1 x 15ml tbsp clear honey.

2 medium eggs.

1 x 5ml tsp ground mixed spice.

1 x 5ml tsp fresh grated nutmeg

Method

1 Spread bread slices with reduced fat spread. Remove crusts and cut diagonally into triangles. Place half the bread, fat side down into a medium sized shallow ovenproof dish.

2 Sprinkle with the mixed dried fruits and top with the remaining bread, fat side up.

3 Whisk milk, crème fraiche and eggs with the honey and mixed spice. Pour over the bread. Sprinkle generously with grated nutmeg.

4 Rest dish in a roasting pan half filled with warm water and bake for 25 - 30 minutes, until the custard has set and the top is golden and crunchy.