

Bread and Butter Pudding

Prep: 15 mins **Cook:** 1 hr
Total: 1 hr 15 mins **Servings:** About 8 servings

Nutrition Facts (per serving):

Not Known

Preheat the oven to 350 F/125 C.

Lightly spray the inside of a large glass baking container with vegetable oil.



Ingredients:

- 1 ½ loaves of sliced white bread
- 2 – 3 sticks of Unsalted Butter
- Mixed Spice powder (See Recipe on Website)
- Monk Fruit with Allulose sweetener, or equivalent
- 200 grams of Raisins and/or Sultanas
- 1 ½ Pints of Milk
- 4 large eggs
- Pinch of Salt; if required for taste

Method:

1. Place slices of bread on the bottom of the glass baking dish. Break off small pieces of bread as required to fill any gaps between the slices.
2. Butter the bread.
3. Sprinkle the Mixed Spice powder all over the surface of the buttered bread.
4. Now do the same with the Monk Fruit and Allulose.
5. Sprinkle the Raisins/Sultanas. I would say maybe covering around ¼ of the Bread area.
6. Repeat steps 1 thru' 5 until the bread is level with, or just below, the edge of the Glass dish. I normally get four layers in.
7. In a measuring jug mix the Milk, Eggs and Salt.
8. Pour the Milk and Egg mixture into all the crevices between the bread, between the bread and the edge of the Glass Dish, and gently over the top of the bread (You don't want to wash away all the ingredients from the top of the bread).
9. Place the Glass Dish on a metal baking tray, as there is a good chance that there will be a small overflow.
10. Place the tray and dish in the middle of the pre-heated oven and bake for an hour. This is normally when the top looks toasty 😊
11. Serve with English Custard or Double/Heavy Cream.



Tips:

- a) For the butter, I soften the sticks in the microwave, so it is way easier to apply to the bread.
- b) I generally freeze maybe half the portions; but TBH they are pulled out and re-heated fairly quickly.