

Breakfast Bread Pudding with Peaches



breakfast

POINTS® Value: 4
Servings: 4
Preparation Time: 12 min
Cooking Time: 30 min
Level of Difficulty: Easy

Don't feed stale bread to the fish. Instead, turn it into a hearty breakfast like this pudding.

Ingredients

4 oz French bread, day-old, trimmed of crust and cubed (about 3 cups)
2 small peach(es), pitted and chopped
2 tbsp raisins, or dried cherries
1/3 cup(s) low-fat ready-to-eat granola cereal
3/4 cup(s) 1% low-fat milk
2 tbsp sugar
1 large egg(s)
1/2 tsp ground cinnamon
2 tbsp reduced-calorie pancake syrup

Instructions

One day before serving, lightly spray a 1-quart glass or Pyrex baking dish with cooking spray. In a medium bowl, combine bread, peaches, raisins and granola.

Whisk together milk, sugar, egg and cinnamon; stir into bread mixture. Transfer to prepared baking dish. Cover and refrigerate overnight.

Heat oven to 350°F. Uncover bread pudding and bake 30 minutes or until bread is golden. Serve warm with syrup. Yields about 1 cup per serving.

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