

Bread Pudding (Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink may help provide you with extra calories and protein to help you meet your nutrient needs.



Ingredients:

1 Tbsp	Soft (non-hydrogenated) margarine	15 mL
2 slices (35 g per slice)	Whole wheat bread	2 slices (35 g per slice)
1 large	Egg	1 large
1 bottle (1 cup)	Vanilla nutrition supplement drink	235–250 mL
½ tsp	Cinnamon	2 mL

Directions:

1. Preheat oven to 350°F (180°C).
2. Spread margarine on both sides of the bread.
3. Use a bread knife to cut the bread into 1 inch cubes.
4. Lightly spray a 2 cup (500 mL) oven safe baking dish with non-stick spray. Place cubed bread in the dish.
5. In a separate bowl beat together egg and vanilla nutrition supplement drink. Pour over bread cubes.
6. Sprinkle cinnamon on top of bread cubes.
7. Bake for about 60 minutes, or until nicely browned on top.
8. Serve bread pudding warm.

Makes 2 servings (1 cup/ 250 mL/ 184 grams)

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Nutrition Facts	
Amount for ½ of recipe (1 cup/ 250 mL/ 184 g)	
Amount	% Daily Value
Calories 280	
Fat 12 g	18 %
Saturated 2 g + Trans 1 g	10 %
Cholesterol 110 mg	
Sodium 350 mg	37 %
Carbohydrate 29 g	11 %
Fibre 1 g	4 %
Sugars 10 g	
Protein 9 g	
Vitamin A	20 %
Vitamin C	25 %
Calcium	20 %
Iron	20 %

Nutrition information may vary depending on the type of nutrition supplement drink used.

Optional: Add a scoop of vanilla ice cream. This will add extra, carbohydrate, fat, and calories.