

**Apple and orange bread pudding**

# *This makes one portion*

# C:\Users\phenderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6ZOFBJ1H\splat[1].png**What you need:**

|  |  |
| --- | --- |
| 30g | Low fat spread |
| 4 slices | Medium sliced wholemeal bread |
| 1/2 | apples |
| 1/4 | Orange (zest and juice) |
| 20g | Unrefined demerara sugar |

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* Ask a grown up to turn the oven on to 190°c.
* Measure the spread into a microwavable dish and ask a grown up to melt in the microwave.
* Cut the crusts off the bread and brush half of the slices with melted spread on both sides before lining a small greased pie dish or large ramekin.
* Ask a grown up to core and peel the apples then using a kids knife slice half an apple and then lay a layer on top of the bread. Sprinkle with some zested orange and juice over the top.
* Weigh out the sugar and sprinkle half over the top.
* Repeat until you finish with a layer of bread, melted spread and sugar sprinkled on top.
* Bake for 20-25 minutes.