

Mini Rum-Raisin Bread Puddings; Serves 12: 1 pudding with 1 tbsp sauce

Ingredients:

5 cups cubed or torn whole-wheat country bread (½ inch)
¼ cup chopped walnuts/pecans
4 tbsp unsalted butter, divided
2 large eggs, lightly beaten
2 cups low fat milk
1 cup dark brown sugar, divided
4 tbsp dark rum or apple cider, divided
1 tsp ground cinnamon
1 tsp vanilla extract
Pinch of ground nutmeg
½ cup raisins
Pinch of salt
½ cup half-and-half

Directions

1. Position oven rack in centre of oven. Preheat oven to 325° F. Coat a 12 cup non-stick muffin tin with cooking spray.
2. Melt 2 tbsp butter in a small microwave safe bowl. Whisk eggs, milk, ½ cup brown sugar, 2 tbsp rum (or cider), cinnamon, vanilla and nutmeg in a large bowl. Whisk in the melted butter and raisins. Gently stir in bread. Let stand, stirring occasionally, to let bread absorb the liquid, about 15 minutes.
3. Divide the mixture among the muffin tins (about ½ cup each). Top with about 1 tsp nuts.
4. Bake the puddings on the centre rack until set and just beginning to brown on top, 20 to 25 minutes. Let cool in the pan for 10 minutes.
5. Meanwhile, combine the remaining 2 tbsp butter, ½ cup brown sugar, 2 tbsp rum (or cider) and pinch of salt in a small saucepan. Cook over medium-high heat, whisking until bubbling and the sugar is mostly dissolved, about 2 minutes. Whisk in half and half and continue cooking, whisking vigorously and consistently until bubbling and thickened slightly, about 1 minute more. Remove from heat and whisk slowly for 1 minute more. Let the sauce stand until ready to serve. It will thicken as it sits.
6. Serve the bread puddings with the sauce.

Calories: 243; **Fat:** 9g; **Carbohydrates:** 34g; **Protein:** 6g; **Fibre:** 2g; **Total sugars:** 25g.