

Dessert

Mexican Bread Pudding

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Servings: 12

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 15 minutes

2 cups water

1 cup Splenda brown sugar blend

1/2 cup Splenda no calorie sweetener, granulated

1 stick cinnamon

2 tablespoons cinnamon

1 teaspoon vanilla

1/8 teaspoon salt

12 slices (1-1/2-inch thick) day-old French bread

2 cups Cheddar cheese, grated

1 cup raisins

Preheat the oven to 350 degrees.

In a saucepan, combine the water, brown sugar blend, sweetener, cinnamon stick, cinnamon, vanilla and salt. Bring to a boil. Set aside.

In a baking dish, arrange a layer of the bread. Sprinkle with a layer of cheese. Add a layer of raisins. Pour some of the syrup over the top.

Repeat the layers until all ingredients have been used.

Bake for one hour.

Serve the pudding hot or cold.

Per Serving (excluding unknown items): 118 Calories; 6g Fat (46.6% calories from fat); 5g Protein; 11g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1 Fat.