

Bread and Margarine Pudding- Healthy School Canteen Snack



The Coronavirus (COVID 19) Pandemic has caused a lot of changes to our daily work and social lives. One thing that has kept constant is the importance of a well-balanced, nutritious diet for all ages.

To assist our members from different sectors, Procurement Australasia's Foodservice Ambassador, Dr Karen Abbey, will be sharing tips, recipes and developments in the food services industry.

This week we have some tips on boosting immunity for our Education sector members.

Bread and Margarine Pudding- Healthy School Canteen Snack

Bread and margarine pudding is considered a dessert but equally makes for a great school canteen snack for young people. This pudding contains ingredients across the key food groups. Margarine is used instead of butter as a low saturated fat alternative.

Nutritional benefits

Bread and margarine pudding features ingredients from across the food groups. It contains bread, milk, eggs and pecan nuts. Instead of using butter choose a margarine which is low in saturated fat and contains some additional nutrients like Vitamin A. Olive oil margarines are a good source monounsaturated fat. All these nutrients make the pudding a nutritious canteen snack, in addition to being easy to make.

Bread and margarine pudding can be made with several different breads to increase fibre, fruit or even gluten free. The following recipe was made using gluten free bread as shown in the picture below. The gluten free alternative pudding will be smaller and have more custard. If you don't like pecan or have a nut allergy why not add in some fruit? The use of maple syrup is an alternative to sugar.

Recipe

Serves 10

Approximate cooking time

Ingredients

1 loaf bread - Goodman Fielder
(Gluten Free)

Margarine (Gold'n Canola)

3 eggs

3 cups of milk

½ cup of maple syrup (adjust for sweetness)

1 cup chopped pecans (optional)



Instructions:

1. Preheat oven to 180°C and line a baking tray with aluminium foil or grease.
2. In a large bowl mix eggs, maple flavoured syrup and milk.
3. Spread margarine over each slice of bread.
4. In a baking dish, halve slices of bread and layer into dish.
5. Pour egg mix over bread and allow to soak in by pressing down.
6. Top with pecans and brown sugar.
7. Bake until set.
8. Serve in a bowl with custard or yogurt.

Nutritional analysis:

Nutrition per serve 100 g

Energy 780 kJ (186 cal), Protein 50 g, Fat 5 g, CHO 25 g (high in calcium)

This recipe contains nuts, please exclude if you have a nut allergy.

View more Goodman Fielder recipes on our [YouTube Channel](#).

Blog post by [Dr. Karen Abbey](#)

Foodservice Solutions

Procurement Australasia deliver high quality foodservice solutions by working with major manufacturing/supply partners, equipment partner and specialist foodservice consultants. Talk to us about sourcing fresh nutritious foods and consultancy for menu planning, operations review and training.

