



BREAD NO BUTTER PUDDING

Ingredients

3 slices of organic wholemeal bread (cut into small squares)
1 1/2 cups of sultanas
1/2 cup of dates (cut into smaller squares)
1 banana (sliced)
2 tsp ground flax seeds
3 cups of oatmilk
sprinkle of nutmeg

How to Make

In an oven proof dish put a layer of sultanas in the bottom, then a layer of the bread squares, then add another layer of sultanas and dates , then another layer of bread, on top of that add a layer of sultanas, dates and banana. Then arrange the final layer of bread on the top. Add the ground flax seeds to the oat milk and pour over the layered bread. Sprinkle with nutmeg. Cook for 20- 25 minutes at 180c. Great served with soya or oat milk.

