

# EZEKIEL BREAD PUDDING

[makes 6 servings]

## Here's what you need:

- 4 cups day-old bread (eggless bread)
- 3 cups soy milk
- 3/4 cup sugar
- 1 tablespoon vanilla
- 1 tablespoon ground cinnamon
- 1 cup raisins
- 1/2 cup chopped almonds

## Directions:

1. Pre-heat the oven to 350 F.
2. Put the bread into a 9-inch square baking pan.
3. Stir the remaining ingredients together in a separate bowl (soy milk, sugar, vanilla, cinnamon, raisins, almonds).
4. Pour the mixed ingredients over the bread. Stir to mix.
5. Bake for 30 minutes.
6. Serve warm or cool.

## When To Eat It For Weight Loss:

I suggest reserving this for a breakfast as your carb source.