Banana Bread and Butter Pudding



Serves	4-6
Prep time	20 minutes
Cook time	50 minutes
Total time	1 hours, 10 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Moderate Chemical
Meal type	Dessert
Misc	Child Friendly, Serve Hot

Ingredients

- 4 Slices wholemeal bread (crusts removed and cut into quarters)
- 1 Medium banana (sliced)
- 1 tablespoon brown sugar
- Canola oil spray
- 1/8 cup maple syrup
- 2 eggs
- 1 teaspoon vanilla essence
- 1 cup low fat milk
- 185ml light evaporated milk

Directions

1. Preheat the oven to 180C. Lightly spray a 1 litre casserole dish with the canola oil spray
2. In a medium saucepan combine the milk, evaporated milk, maple syrup and vanilla. Stir over medium heat for 5 to 7 minutes until hot. Cool slightly.
3. In a large bowl, whisk the eggs until frothy. Gradually whisk in the warm milk.
4. Place layers of bread in the bottom of the casserole dish, placing a few banana slices between each layer. Pour the egg and milk mixture over the top and sprinkle with sugar.
5. Place the casserole dish into a large baking pan. Pour just-boiled water into the baking pan until it comes half way up the sides of the casserole dish. Bake for 45 to 50 minutes, until the custard is set. (A knife inserted into the custard should come out clean).
6. Remove from the baking pan, allow to cool for 5 minutes, then serve.

Note

Moderate Amines, Low Salicylates, Low Glutamates