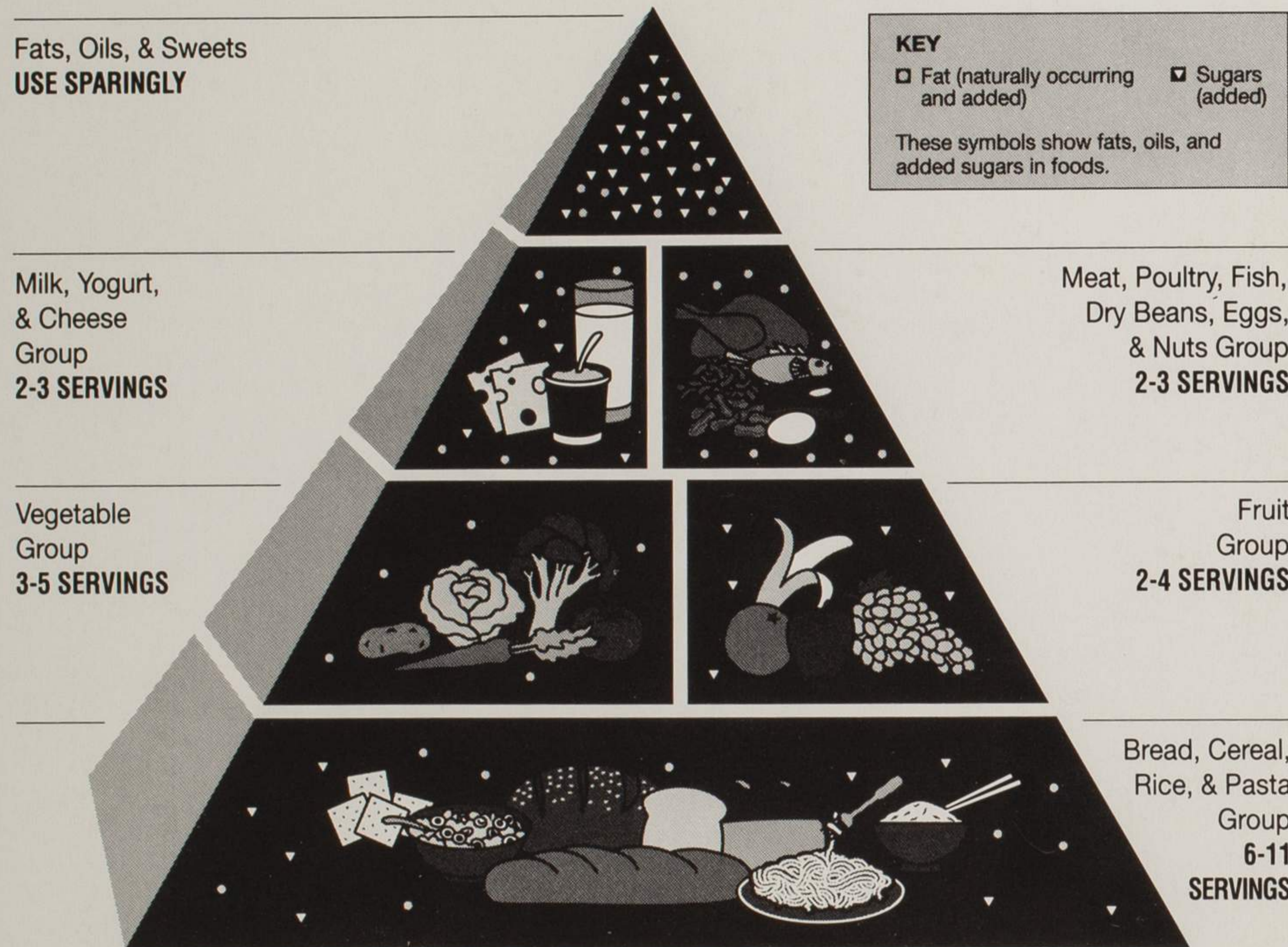


Food Guide Pyramid

A Guide to Daily Food Choices



On the Cover: Apple Bread Pudding, Recipe Page 1

Apple Bread Pudding

- | | |
|-------------------------------------|---|
| 2 medium apples, cored and chopped* | 2½ cups skim milk |
| 3 tablespoons fresh lemon juice | 2 teaspoons vanilla |
| 1 teaspoon cinnamon | ½ cup brown sugar** |
| ¼ teaspoon ground nutmeg | ½ cup raisins |
| ⅔ cup egg whites or egg substitute | 7 cups firm-textured wheat or white bread cubes |

Preheat oven to 350°F. Lightly coat a 9" baking dish with cooking spray. In a small skillet or microwave dish, cook apples with lemon juice, cinnamon and nutmeg until tender-crisp; let cool. In large bowl, whisk together egg whites, milk, vanilla and brown sugar. Stir in raisins, bread cubes and apples. Pour into prepared baking dish. Place dish in a larger shallow pan and place

Apple Butter Bread

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|---------------------------|--|
| 1½ cups all-purpose flour | ½ cup sugar |
| ½ cup whole wheat flour | ¾ cup buttermilk |
| 1 teaspoon baking soda | ¼ cup margarine or butter, melted |
| 1 teaspoon baking powder | ½ cup golden raisins |
| ½ teaspoon cinnamon | ¼ cup finely chopped walnuts, optional |
| 1 egg, beaten | |
| 1 cup apple butter | |

Preheat oven to 350°F. Lightly coat bottom only of a 9" x 5" x 3" loaf pan with cooking spray. In medium bowl, thoroughly combine all-purpose flour, whole wheat flour, soda, baking powder and cinnamon; set aside. In large bowl, combine egg, apple butter, sugar, buttermilk and margarine; beat until well blended. Stir in raisins and walnuts.