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**Knowle West / Filwood**

# Knowle & Filwood orange bread & butter pudding

*Serves 6*

## Ingredients

6–8 slices of bread  
(wholemeal or white)  
50g low fat or olive spread  
75g dried fruit  
(sultanas or fruit of your choice)  
50g soft light brown or  
Demerara sugar  
2 medium eggs  
600 ml semi-skimmed milk  
Grated zest of 2 oranges  
1 teaspoon ground mixed spice

## Method

Preheat the oven to 320°F, 160°C, gas mark 3.  
Spread the bread with the low fat/olive spread.  
Cut the slices into quarters and arrange half of them in a greased ovenproof dish.  
Sprinkle with half the dried fruit.  
Top with the remaining bread, spread-side-up and sprinkle the remaining fruit.  
Dissolve the sugar in the milk then beat in the eggs, mixed spice and orange zest, pour over the bread, piercing the bread with a fork to allow the liquid to soak through.  
Bake in the oven for 45 minutes–1 hour until set and golden.  
Serve with low fat crème fraiche or cream.

**Ingredients can be bought at a variety of local shops in the area.** To learn more about cooking with fresh ingredients for both traditional and modern recipes, contact Knowle West Community Kitchen 0117 9639569.