

Spiced Apple-Rhubarb Toast

Submitted by Lorin Cook

To Lorin, family get-togethers and good food are a part of her family's way of life. She takes pride in cooking for her family, including several family members with high LDL cholesterol or diabetes. When Lorin learned that her close family friend, who has type 2 diabetes, was unable to eat her famous Spiced Apple-Rhubarb Bread Pudding, she submitted this recipe for a healthy makeover so everyone can enjoy her dish while staying on track with healthcare goals.



When making over this dish, Franklin changed the bread pudding to toast and omitted the half and half and eggs from the original dish, which reduced the calories. The apples and rhubarb in the recipe, increase the nutrient value, making this a healthier dessert.

SERVES 8

Nutrition Information

Amount Per Serving:

188 calories, 8g fat, 30g carbohydrates, 4g fiber

Individual Serving Size:

3 oz. apple-rhubarb toast

Ingredients

4 slices challah bread , cut 1/4 inch thick
3 tbsp. coconut butter
3 tbsp. coconut sugar
1/2 tsp. pumpkin pie spice

1 tsp. French vanilla extract
1/4 tsp. salt
1 cup diced Granny Smith Apple
1/2 cup diced rhubarb

Directions

Preheat oven to 325°F. Place bread into a coconut buttered 9x13 baking dish. In a medium bowl, whisk together the coconut sugar, pumpkin spice, vanilla and salt. Stir in the apples and rhubarb. Pour over the bread. Bake for 45 to 50 min. in the preheated oven, or until the fruit is caramelized and tender.