



PB 'n Chocolate Bread Pudding



1/4th of pan (about 1 heaping cup): 225 calories, 8.5g total fat (3g sat. fat), 294mg sodium, 30g carbs, 4g fiber, 15.5g sugars, 10g protein

Prep: 10 minutes **Cook:** 55 minutes

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Ingredients

4 slices light bread
3 tbsp. semi-sweet mini chocolate chips
1 1/3 cups light vanilla soymilk
1/3 cup (about 3) egg whites or fat-free liquid egg substitute
3 tbsp. reduced-fat peanut butter
2 1/2 tbsp. brown sugar (lightly packed)
Dash salt
Optional topping: light whipped topping

Directions

Preheat oven to 350 degrees. Spray a loaf pan with nonstick spray.

Lightly toast bread, and cut into bite-sized pieces.

Place bread in the loaf pan, and top with chocolate chips.

Blend remaining ingredients a blender until smooth. Evenly pour into the loaf pan, and let sit for 5 minutes.

Bake until firm and cooked through, 45 - 50 minutes.

MAKES 4 SERVINGS

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