



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

Blue Plan (Freestyle™) SmartPoints® value 8*

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

Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.