



PB 'n Chocolate Bread Pudding

PER SERVING (1/4th of bread pudding, about 1 heaping cup): 225 calories, 8.5g fat, 294mg sodium, 30g carbs, 4g fiber, 15.5g sugars, 10g protein -- **PointsPlus™** value 6*

Prep: 10 minutes

Cook: 55 minutes

Ingredients:

- 4 slices light bread (like Sara Lee Delightful), lightly toasted and cut into half-inch cubes
- 3 tbsp. semi-sweet mini chocolate chips
- 1 1/3 cups light vanilla soymilk (like the kind by Silk or 8th Continent)
- 1/3 cup fat-free liquid egg substitute (like Egg Beaters Original)
- 3 tbsp. reduced-fat peanut butter
- 2 1/2 tbsp. brown sugar (lightly packed)
- Dash salt
- Optional: Cool Whip Free or Fat Free Reddi-wip

Directions:

Preheat oven to 350 degrees.

Place toasted bread cubes into a standard loaf pan sprayed with nonstick spray and evenly sprinkle with chocolate chips.

In a blender, combine soymilk, egg substitute, peanut butter, brown sugar, and salt. Process at medium speed until smooth. Pour mixture over bread cubes, making sure all the bread cubes are covered. Let stand for 5 minutes.

Place dish in the oven and bake until pudding is firm, 45 - 50 minutes. Slice, serve and, if you like, top with Cool Whip or Reddi-wip. Enjoy!

MAKES 4 SERVINGS



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