



## No-Bread Bread Pudding



Entire recipe: 209 calories, 4.5g total fat (1.5g sat. fat), 388mg sodium, 33g carbs, 4g fiber, 9g sugars, 9g protein

**Prep:** 5 minutes    **Cook:** 25 minutes

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### Ingredients

1/3 cup old-fashioned oats  
1/3 medium ripe banana  
3 tbsp. (about 1 large) egg white or fat-free liquid egg substitute  
3 tbsp. unsweetened vanilla almond milk  
1 packet natural no-calorie sweetener  
1/4 tsp. baking powder  
1/4 tsp. vanilla extract  
Dash salt  
1 1/2 tsp. mini semisweet chocolate chips

### Directions

Preheat oven to 350°F. Spray an oven-safe mug (or small bowl) with nonstick spray.

Place all ingredients *except* chocolate chips in a small blender or food processor. Blend until uniform.

Transfer mixture to the mug, and sprinkle with chocolate chips.

Place mug on a baking sheet. Bake until a toothpick inserted into the center comes out clean, 22-24 minutes.

#### MAKES 1 SERVING

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