



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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



More: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

[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.