



Sweet & Savory Breakfast Bread Pudding



Entire recipe: 263 calories, 4.5g total fat (1g sat. fat), 760mg sodium, 33.5g carbs, 6g fiber, 4.5g sugars, 23g protein

[Click for WW Points® value*](#)

WW Points® value 6*

Prep: 10 minutes **Cook:** 5 minutes



More: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

2 slices light bread
1/2 cup (about 4 large) egg whites or liquid egg substitute
1/8 tsp. vanilla extract
1/2 tsp. cinnamon, or more for topping
1/4 cup natural sugar-free pancake syrup (like the kinds by [ChocZero](#) and [Lakanto](#)), divided
1 frozen meatless or turkey precooked sausage patty with 80 calories or less, thawed and chopped
Optional topping: powdered sugar

Directions

Spray a medium microwave-safe bowl with nonstick spray.

Lightly toast bread. Chop or break toast into bite-sized pieces, and place in the bowl.

In a second medium bowl, combine egg whites/substitute, vanilla extract, cinnamon, and 2 tbsp. syrup. Mix well.

Pour egg mixture over the bread pieces. Add chopped sausage. Gently stir to coat.

Microwave for 1 1/2 minutes. Gently stir. Microwave for 1 minute, or until cooked through.

Top with remaining 2 tbsp. syrup.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.