



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

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



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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

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