



Made-in-a-Mug Bread Pudding for One



Entire recipe: 224 calories, 4g total fat (0.5g sat. fat), 552mg sodium, 34g carbs, 6g fiber, 14.5g sugars, 12.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 cup unsweetened vanilla almond milk
1 packet no-calorie sweetener (like Truvia)
3/4 tsp. vanilla extract
1/2 tsp. cinnamon
Dash salt
2 slices light bread
1 1/2 tsp. light butter or light buttery spread
1 tbsp. raisins, chopped
2 tsp. powdered sugar

Directions

Spray a microwave-safe mug with nonstick spray. Add egg whites/substitute, almond milk, sweetener, vanilla extract, cinnamon, and salt. Mix thoroughly.

Spread bread with butter. Cut into 1-inch pieces.

Add bread pieces to the mug, and gently stir to coat.

Fold in chopped raisins. Microwave for 1 minute.

Gently stir. Microwave for 1 minute, or until set.

In a small bowl, combine powdered sugar with 1/2 tsp. water. Mix well. Drizzle over bread pudding.

MAKES 1 SERVING

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