



## PB 'n Chocolate Bread Pudding



1/4th of pan (about 1 heaping cup): 225 calories, 8.5g total fat (3g sat. fat), 294mg sodium, 30g carbs, 4g fiber, 15.5g sugars, 10g protein

**Prep:** 10 minutes    **Cook:** 55 minutes

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

4 slices light bread  
3 tbsp. semi-sweet mini chocolate chips  
1 1/3 cups light vanilla soymilk  
1/3 cup (about 3) egg whites or fat-free liquid egg substitute  
3 tbsp. reduced-fat peanut butter  
2 1/2 tbsp. brown sugar (lightly packed)  
Dash salt  
Optional topping: light whipped topping

### Directions

Preheat oven to 350 degrees. Spray a loaf pan with nonstick spray.

Lightly toast bread, and cut into bite-sized pieces.

Place bread in the loaf pan, and top with chocolate chips.

Blend remaining ingredients a blender until smooth. Evenly pour into the loaf pan, and let sit for 5 minutes.

Bake until firm and cooked through, 45 - 50 minutes.

#### MAKES 4 SERVINGS

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

We may have received free product samples, 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. For those on the Diabetic Plan, values may vary.

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.