



Perfect Pumpkin Bread Pudding



1/6th of recipe: 204 calories, 4.5g total fat (1g sat. fat), 404mg sodium, 31.5g carbs, 7g fiber, 13g sugars, 11.5g protein

Prep: 10 minutes **Cook:** 50 minutes

Cool: 10 minutes

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Ingredients

12 slices light bread
1/4 cup [light whipped butter or light buttery spread](#) (like Brummel & Brown)
1 cup canned pure pumpkin
1 cup egg whites or fat-free liquid egg substitute (like [Egg Beaters Original](#))
3/4 cup light vanilla soymilk
1 tsp. pumpkin pie spice
1 tsp. cinnamon
1/8 tsp. salt
1/4 cup plus 2 tbsp. brown sugar (not packed)
Optional topping: Fat-Free Reddi-wip

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

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

In a large microwave-safe bowl, microwave butter for 30 seconds, or until melted.

Add bread pieces to the bowl, and toss to coat.

In another large bowl, combine pumpkin, egg whites/substitute, soymilk, and seasonings. Add 1/4 cup brown sugar, and whisk until uniform. Add bread pieces, and toss to coat. Transfer mixture to the baking pan. Evenly top with remaining 2 tbsp. brown sugar.

Bake until firm and set, 40 - 45 minutes.

Let cool slightly, about 10 minutes. Enjoy!

MAKES 6 SERVINGS

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