

Bread Pudding Snacks

Makes 12 servings

1-1/4 cups reduced-fat (2%) milk

½ cup cholesterol-free egg substitute

1/3 cup sugar

1 teaspoon vanilla

1/8 teaspoon salt 1/8 teaspoon ground nutmeg (optional)

4 cups ½ inch cinnamon or cinnamon raisin bread cubes (about 6 bread slices)

1 tablespoon margarine or butter, melted

1. Combine milk, egg substitute, sugar, vanilla, salt and nutmeg, if desired, in medium bowl; mix well. Add bread; mix until well moistened. Let stand at room temperature 15 minutes.
2. Preheat oven to 350f. Line 12 medium-size muffin cups with paper liners.
3. Spoon bread mixture evenly into prepared cups; drizzle evenly with margarine.
4. Bake 30 to 35 minutes or until snacks are puffed and golden brown. Remove to wire rack to cool completely.

Note: snacks will puff up in the oven and fall slightly upon cooling.

(1 snack cup)

Calories 72

Calories from fat 22%

Total fat 2g

Saturated fat 1g

Carbohydrate 12g

Protein 2g

Sodium 93mg