

# Low Fat Bread Pudding with Bananas

## Ingredients:

2 slices of bread

1/2 cup of skim milk

2 Tablespoons egg whites

sliced banana

pinch of cinnamon

pinch of nutmeg

1/8 teaspoon vanilla

2 Tbsp sugar or your favorite sugar substitute equivalent

## This is what you do:

First, you should preheat your oven to 375 degrees

Next, cut the bread into large cubes.

Spray a small baking dish with canola oil, and arrange half of the bread cubes on the bottom of the dish.

Sprinkle with half of the bananas. (Optional: may also sprinkle with raisins) Then lay the rest of the bread on top of the first layer, and any remaining bananas.

Wisk the milk, sugar, seasonings and egg whites together in a bowl and pour it evenly over the bread. Bake for 40 to 45 minutes or internal temperature reads at least 145 degrees.

## Nutrition Value

Calories	318
Fat	3 gm
Cholesterol	2 mg
Calcium	215 mg
Carbohydrate	62 gm
Sodium	379 mg
Protein	12 gm
Fiber	3 gm

