



Chocolate-Banana Bread Pudding



1/2 of recipe (1 mug): 239 calories, 4g total fat (1.5g sat. fat), 350mg sodium, 46g carbs, 8.5g fiber, 18.5g sugars, 11g protein

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Prep: 10 minutes **Cook:** 5 minutes



Ingredients

4 slices light bread
1/2 cup mashed banana
1/4 cup light vanilla soymilk
1/4 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
2 tsp. unsweetened cocoa powder
Dash salt
1 tbsp. mini semi-sweet chocolate chips
1/2 cup sliced banana
Optional topping: Fat Free Reddi-wip

Directions

Lightly toast bread. Let cool slightly, and tear into bite-sized pieces.

In a medium-large bowl, combine mashed banana, soymilk, egg substitute, cocoa powder, and salt. Mix thoroughly. Add bread pieces and 1 tsp. chocolate chips, and gently stir to coat.

Spray 2 microwave-safe mugs with nonstick spray. Divide mixture between the mugs.

Place both mugs in the microwave and cook for 3 minutes, or until set.

Top mugs with sliced banana and remaining 2 tsp. mini chocolate chips (1 tsp. per mug).

MAKES 2 SERVINGS

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