

## **Breakfast Bread Pudding Muffins**

### **Ingredients**

1 ½ cups fat free milk  
4 large egg whites  
¼ cup sugar  
1 Tablespoon ground cinnamon  
1 Tablespoon vanilla extract  
2 Tablespoons butter, melted  
¼ cup instant nonfat dry milk powder  
2/3 cup raisins  
12 slices whole wheat bread cut into ½-inch cubes  
Non-stick cooking spray

### **Directions**

1. Wash hands with warm water and soap.
2. Preheat oven to 350° F.
3. In a large bowl, combine all ingredients except raisins and bread. Mix well.
4. Add raisins and bread; Mix well.
5. Allow mixture to soak for 5 minutes.
6. Spray a standard-size muffin tin or 12 custard cups with nonstick cooking spray.
7. Place mixture into each of the custard cups or muffin cups.
8. Bake about 35 minutes, until firm and well browned.
9. Cool on a wire rack for at least 10 minutes before removing muffins from cups.
10. Serve warm.

### **Servings**

Makes 12 muffins, 1 each.

### **Nutrition Information Per Serving**

calories, 175; carbohydrate, 28 g; protein, 7 g; total fat, 4 g; saturated fat, 1 g; cholesterol, 2 mg; fiber, 4 g; total sugars, 16 g; sodium, 192 mg; calcium, 224 mg; folate 43 mcg; iron, 1 mg; percent calories from fat, 21%.