

Breakfast

BREAD PUDDING

By Katie Beck Photography by Marty Snortum Studio

Breakfast has become the most neglected meal of the day, but it is the most important. Mornings often move quickly, and before long we have created a routine substitution of caffeine, sugar or nothing instead of a complete breakfast meal. Eating energizing and healthy foods in the morning wakes up our metabolism and provides us with energy to burn throughout the day. Eating a morning meal curbs our appetites, and keeps us from

overeating at lunch, which could lead to sleepy and inefficient afternoons. Yogurt provides calcium, bran cereals and whole grain breads supply us with fiber, fruits offer potassium and antioxidants, and cheese and egg whites are full of protein. Carbohydrates in the morning are great for active people who plan to burn calories rapidly throughout the



day, and proteins work well with those headed for the office because they are filling but low in calories. While it may seem difficult to reintroduce breakfast to your morning routine, it is far more detrimental to deny your body a revitalizing first meal.

This recipe for breakfast bread pudding combines the nutritional benefits of whole wheat bread, fruit and egg whites to create a healthy and delicious breakfast. The vanilla and sugar substitute combined with fresh fruit incorporates just enough sweetness to satisfy morning sugar cravings while supplying the body with essential nutrients and energy for the quickly approaching day.

Breakfast Bread Pudding Serves 6

- 6 slices whole wheat bread, diced into ¼ inch cubes
- 2 cups skim milk
- 2 tbs melted margarine
- 6 egg whites
- ⅓ cup fructose
- 1 tbs vanilla extract
- 1 tbs cinnamon
- ¼ cup seedless raisins

Spray a muffin tin with nonstick vegetable coating and preheat oven to 350 degrees. Mix bread cubes and milk together in a bowl and set aside to soak. In another bowl, combine margarine, egg whites, fructose, vanilla and cinnamon. Mix well, then add raisins and mix again. Combine egg mixture with bread mixture and pour into prepared pan. Bake in preheated oven for 30 minutes or until firm.

Each ½ cup serving contains approximately:

- 215 calories
- 30 gm carbohydrates
- 5 gm fat
- 2 mg cholesterol
- 8 gm protein
- 93 mg sodium

INFO

Recipe source:
*Great Tastes Healthy Cooking
from Canyon Ranch*