

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

8 SERVINGS

MINI APPLE CRANBERRY BREAD PUDDINGS



INGREDIENTS

3 egg whites

1 cup unenriched rice milk

1/3 cup maple syrup

1/2 teaspoon vanilla

1/4 teaspoon ground cinnamon

1/2 cup apple, grated

1/2 cup cranberries, frozen

4 cups white bread, 1/2" cubes

GARNISH

2 tablespoons maple syrup,
apple sauce or icing sugar

Nutrient Analysis

PER SERVING:

1 bread pudding

RENAL EXCHANGE:

2 Starch

Calories **125Kcal**

Protein **3g**

Carbohydrates **26g**

Fibre **1g**

Total Fat **0.5g**

Saturated Fat **0g**

Cholesterol **0mg**

Sodium **126mg**

Potassium **96mg**

Phosphorus **28mg**

PREPARATION

- 1** Preheat oven to 350°F. Spray muffin tins with pan release.
- 2** In a mixing bowl, whisk egg whites until frothy.
- 3** Add rice milk, maple syrup, vanilla and cinnamon.
- 4** Fold in grated apples, cranberries and bread cubes. Allow bread to absorb the liquid, approximately 5 minutes.
- 5** Divide the bread pudding mixture between 8 muffin compartments and bake for 30 minutes or until the bread pudding is firm to the touch.
- 6** Glaze the tops with the remaining maple syrup and serve immediately.

Note: You can also let the bread puddings cool and refrigerate them until ready to serve.

PHOSPHATE TIP

Cutting out the egg yolks and using unenriched rice beverage makes this a very low phosphorus treat. Did you know that unenriched rice beverage has almost 75% less phosphorus than regular milk? Try baking with rice beverage!