

# Apple Cinnamon Bread Pudding

*Recipe makes 6 meals*

## Ingredients

- 32 oz carton Egg Whites
- 20 oz can Apple Pie Filling (no sugar added, sweetened with sucralose)
- 14 oz loaf French Bread
- 1/4 cup Brown Sugar
- 3 Tbsp Vanilla Extract
- 2 tsp Ground Cinnamon
- 1/2 tsp Ground Nutmeg
- Non-Stick Cooking Spray



## Nutrition Profile

*- per meal -*

**Calories - 335**

**Fat - 1g**

**Carbohydrates - 55g**

**Protein - 23g**

**\*Fiber - 3g**

**Estimated Cost  
Per Meal**

**\$1.42**



@zachcoen

www.mindbodyandnutrition.com

# Instructions

- 1. Start by pouring your carton of egg whites into a mixing bowl, along with 1/4 cup brown sugar, 3 Tbsp vanilla extract, 2 tsp ground cinnamon, and 1/2 tsp ground nutmeg. Mix well and set aside.**
- 2. Grab a 9x13 casserole dish and spray the bottom and sides with non-stick cooking spray.**
- 3. Tear, or cut, your French bread loaf into bite size pieces and add them into your casserole dish. (See notes)**
- 4. Pour your egg mixture over the French bread pieces and gently mix to ensure all of your bread pieces are coated. You shouldn't see any white spots once it's mixed.**
- 5. Place your casserole dish in the oven on 375°F for 25-30 minutes, or until your eggs are cooked through.**
- 6. Once that's done, remove from the oven and pour your pie filling over top. Place this back in the oven on 375°F for another 5-10 minutes or until your pie filling is warm.**
- 7. Remove from the oven, cut into 6 servings and eat now, or portion out into your meal containers.**
- 8. Enjoy!**



@zachcoen

[www.mindbodyandnutrition.com](http://www.mindbodyandnutrition.com)

# Notes

- **Tearing/cutting your French bread into pieces ahead of time and letting them sit out on the counter overnight will cause them to go stale. This step will actually help them absorb the egg mixture a little better so you are left with a less “eggy” consistency.**
- **Another way to help your bread absorb more of the eggs is to let it sit overnight in the fridge after adding the egg mixture to the bread. This will give your bread more time to soak up more of the liquid. This is also a great way to prep ahead to have it ready to pop in the oven in the morning for a family breakfast option.**
- **If you need to increase the protein in this, you can always add a side of your favorite breakfast sausage or bacon. You can also simply serve it with a glass of milk.**
- **For added sweetness, you can top with your favorite syrup or powdered sugar.**
- **If you want to increase the fiber of this dish, you can always dice/slice up a few fresh apples and sprinkle on top before baking in the oven.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



@zachcoen

[www.mindbodyandnutrition.com](http://www.mindbodyandnutrition.com)