

Quick Pumpkin Bread Pudding

THM-Friendly: FP

Pumpkin Bread:

- 1/4 cup [No Carb Easy Bread](#)
- 2 Tbsp. egg whites
- 2 Heaping Tbsp. pure pumpkin puree
- 1/2 tsp. [cinnamon](#)
- 1/2 tsp. [vanilla extract](#)
- 1/4 tsp. [maple extract](#)
- 1 Tbsp. THM [Super Sweet](#)



Mix together and put in a microwave-safe dish. I used [Silicone Mini Loaf Pans](#). Microwave for 90 seconds - 2:30 minutes. Start with 90 seconds and add as needed.

Pumpkin Sauce Topping:

- 1/2 cup unsweetened nut milk
- 1/2 Tbsp. [coconut oil](#)
- 2 Tbsp. pure pumpkin puree
- 1/4 tsp. cinnamon
- splash of vanilla extract
- 2 tsp. [gelatin](#)
- 3 heaping Tbsp. [collagen](#)
- 1 Tbsp. [Swerve Brown](#)



Zing together in a [Ninja Chopper](#) (or whisk well). Microwave in a separate bowl for 1 minute.

Cream Cheese Drizzle:

- 1 Light Laughing Cow cheese wedge
- 1 Tbsp. unsweetened nut milk
- 1/2 tsp. THM Super Sweet
- 1/8 tsp. [cream cheese extract](#)
- sprinkle of THM [Glucic](#)

Microwave the Laughing Cow cheese wedge and nut milk for 30 seconds. Mix the rest of the ingredients with a [handheld milk frother](#).

Cut or break bread into pieces and put them in a bowl. Pour Pumpkin Sauce Topping over the bread, then drizzle the Cream Cheese Drizzle.

enJOY!



<https://www.joyfullifewithkj.com/breakfast/quick-pumpkin-bread-pudding>

