

Southern Banana Pudding

This traditional dessert with a healthy twist will please your entire family.

- 3½ cups cold, fat-free milk
- 2 small packages (4 serving size) of fat-free, sugar-free instant vanilla pudding and pie-filling mix
- 32 reduced-fat vanilla wafers
- 2 medium bananas, sliced
- 2 cups fat-free, frozen whipped topping, thawed

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

Yield:	10 servings
Serving size:	¾ cup
Calories	143
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	329 mg
Total Fiber	1 g
Protein	4 g
Carbohydrates	29 g
Potassium	237 mg

