

Banana Pudding

1 (15 oz) can skim milk	2/3 cup water
1/3 cup sugar	3 Tablespoons cornstarch
1 egg, beaten	1 teaspoon vanilla
1 sliced banana	12 vanilla wafers

Place milk and water into saucepan. Blend sugar and cornstarch together and add to milk mixture, stirring until dry ingredients are dissolved. Cook over medium low heat, stirring often, until mixture comes to a full boil. Boil 1 minute. Mixture should begin to thicken. Remove from heat. Stir 1/2 cup of the hot mixture into the beaten egg. Then add egg mixture to saucepan. Heat over low heat, stirring constantly until thick. Remove from heat and add vanilla. Layer pudding in serving bowl with sliced banana and 10 vanilla wafers. Crumble remaining two vanilla wafers and sprinkle over the top layer of pudding.

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Nutrition Facts

Servings Per Recipe 5 (1/2 cup each)

Amount Per Serving

Calories 251 5% of total calories from fat

Total Fat 3g Sodium 160 mg

*Vitamin A 9% *Vitamin C 6%

*Calcium 28% *Iron 4%

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
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