

Banana Pudding

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

45 MINUTES | SERVES 8

INGREDIENTS

- ½ cup sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 2 cups 2% milk
- 4 eggs
- 2 teaspoons vanilla extract
- 4 ripe medium bananas, thinly sliced
- 30 vanilla wafers

NUTRITION FACTS

257 calories, 7g fat, 3g saturated fat, 204mg sodium, 44g carbohydrate, 2g fiber, 29g sugar, 6g protein

DIRECTIONS

1. In a large saucepan, whisk together the sugar, cornstarch, and salt. Whisk in milk. Heat over medium-high heat, whisking continuously, until bubbles form. Remove from heat.
2. In a medium bowl, beat the eggs. Temper the eggs by pouring about ½ cup of the warm mixture slowly into the eggs, whisking vigorously. Pour egg mixture back into the saucepan and continue cooking over medium-high heat, whisking constantly until it thickens and begins to bubble and is near pudding consistency.
3. Transfer mixture to a bowl and add in vanilla, continuing to whisk until mixture is combined.
4. Spread a thin layer of the pudding into a 1½-quart casserole dish. Arrange half of the vanilla wafers on top of pudding and then layer half of the banana slices over the wafers. Layer half of the remaining pudding on top of the bananas, then remaining vanilla wafers, then remaining banana slices, and finally top with the remaining pudding.