

Banana Pudding

Ingredients:

- 1 box vanilla pudding, prepared with skim milk according to instructions
- 1 box fat-free, sugar free vanilla pudding, prepared with skim milk
- ½ tsp. banana flavor
- ½ tsp. vanilla extract
- ½ cup milk
- 6 bananas
- 24 reduced fat vanilla wafers

Mix pudding, flavor, and milk. Slice bananas. Starting from the bottom, layer cookies, pudding, banana slices, pudding, and cookies. Use 12 cookies per layer. Store in refrigerator until ready to serve.

Nutritional Information:

Total Fat: 2g (Unsaturated: 0g, Saturated: .5g, Trans: 0g) Carbs: 24g

Calories: 120

Fiber: 1g

Potassium: 265mg

Sodium: 0mg

Cholesterol: 0mg

Protein: 3g

