



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.



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.



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%

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.
AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION.
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
November 2002
Publication Number: FDNS-NE 1058

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%

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.
AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION.
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
November 2002
Publication Number: FDNS-NE 1058