

Moo-licious Banana Pudding

Makes 8 cups

Ingredients:

- 1 small box banana cream or vanilla instant pudding
- 1 1/2 cups lowfat milk
- 1 container (8-ounces) whipped topping
- 1 box vanilla wafers
- 4 medium, ripe bananas

Directions:

1. Remember to wash hands.
2. Add pudding to cold, lowfat milk and whisk in a medium bowl or shake in a covered container until thickened, about two minutes.
3. Fold in whipped topping.
4. In individual cups, layer vanilla wafers (whole or crushed), sliced bananas, and pudding. Repeat layers.

Hints: Let children crush vanilla wafers in a zip-type bag with a rolling pin. Add a whole vanilla wafer on top.

Nutrition Facts: One serving provides 220 calories, 2.5mg total fat, 5mg cholesterol, 170mg sodium, 47g total carbohydrate, 3g protein, 6% calcium



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