

BANANA PUDDING CUPS



ingredients:

- 1 package fat-free, sugar-free instant vanilla pudding mix
- 2 cups fat-free milk
- 1 3/4 cups fat-free whipped topping, divided
- 18 vanilla wafer cookies
- 2 medium bananas, sliced
- Pinch of ground cinnamon

directions:

1. Prepare pudding according to package directions. Refrigerate for 30 minutes.
2. Fold in 1 cup softened whipped topping with pudding.
3. To assemble each cup: Crumble 2 vanilla wafers. Layer wafer crumbs, 1/3 of a banana, sliced (reserve one slice for top), and 1/2 cup pudding mixture. Top with 2 Tablespoons whipped topping, a vanilla wafer, a banana slice and a sprinkle of cinnamon.

Yield: 6 servings

Nutrition Information Per Serving:

160 Calories
3 grams Fat
1 gram Saturated Fat
5 mg Cholesterol
162 mg Sodium
29 grams Carbohydrates
1 gram Fiber
4 grams Protein

Food exchanges:
1/2 dairy, 1/2 fruit,
1/2 starch, 1 fat



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