



Recipe of the Month – September

Banana Pudding Parfait

Serves 6

Serving Size $\frac{3}{4}$ cup

Ingredients:

- 1 package sugar free instant vanilla pudding
- 2 cups cold nonfat milk
- 4 Graham crackers, crumbled (about $\frac{3}{4}$ cup crumbs)
- 2 bananas, sliced

Directions:

1. In a medium bowl combine pudding mix and 2 cups of milk
2. Beat until well blended (about 2 minutes) with a wire whisk, rotary beater, or electric mixer at lowest speed
3. Let stand for 5 minutes
4. Set out 6 bowls or glasses
5. Put 3 tablespoons of pudding in the bottom of each glass
6. Sprinkle a heaping tablespoon of graham cracker crumbs over the pudding in each glass
7. Layer $\frac{1}{4}$ of the banana slices over crumbs
8. Repeat with layers of pudding, graham cracker crumbs, and banana slices
9. Serve immediately or cover and refrigerate

NUTRITION FACTS PER SERVING: Calories 80, Total Fat .5g , Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 200mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 9g, Protein 3g