

# HearingLife

## Enjoy a healthy treat this month!



Desserts

## Bursting with Banana Pudding

Prep Time: 30 min.

Refrigeration Time: 2 hours

Total Time: 2 Hours 30 min.

Yields: 10 servings

### INGREDIENTS

- 1 ½ boxes Vanilla Wafer cookies\*
- 6–7 ripe bananas, sliced
- 2 cups cold milk, dairy or non-dairy
- 1 (5 oz.) box Instant French vanilla pudding
- 1 (8 oz.) package cream cheese, softened\*\*
- 1 (14 oz.) can sweetened condensed milk†
- 1 (8 oz.) container whipped topping

\* Enough cookies for the bottom layer and top layer

\*\* You can use light cream cheese

† Fat-free sweetened condensed milk will work

### EQUIPMENT

- 9" Trifle bowl or 5 quart glass bowl
- 2 mixing bowls

### INSTRUCTIONS

1. Cover bottom of glass bowl with 2 layers of vanilla wafers.
2. Layer half the bananas over wafers.
3. In one mixing bowl, combine the milk with the pudding mix – blend well using a handheld electric mixer, stand mixer or whisk.
4. In the second mixing bowl, combine the cream cheese and condensed milk together and mix until smooth.
5. Fold the whipped topping into the cream cheese mixture.
6. Add the cream cheese mixture to the pudding mixture and stir until well blended.
7. In the glass bowl with the cookies and bananas, layer half of whipped pudding mixture over bananas.
8. Over the whipped pudding mixture, add a layer of Vanilla Wafer cookies.
9. Add a layer of sliced bananas.
10. Repeat the whipped pudding mixture layer, cookies and bananas so the last layer is sliced bananas.
11. Chill in refrigerator until set.

