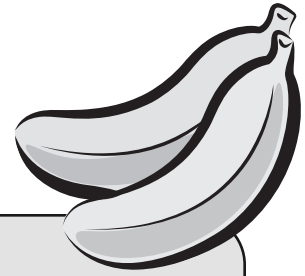


TRY THIS AT HOME:

## Outrageous Banana Pudding



### You will need:

3 eggs  
1 large package banana cream pudding mix (not instant)  
3 3/4 cups milk (skim or 1%)  
30 vanilla wafers

### PREP TIME: 25 minutes

2 large ripe bananas, sliced  
Dash of salt  
1/3 cup sugar  
Help from an adult

### It's bananas!

1. Carefully break eggs and pour whites into a small mixing bowl, set aside.
2. Pour egg yolks, pudding mix, and milk into a saucepan. Beat with a fork.
3. Cook over medium heat, stirring, until mixture comes to a boil. Remove from heat.
4. Put a layer of vanilla wafers in the bottom of a 2-quart baking dish.
5. Add a layer of banana slices and then cover with layer of pudding. Continue layering the vanilla wafers, banana slices, and pudding. End with pudding on the top.
6. To make meringue add just a dash of salt to the egg whites and beat until foamy. Continue beating as you slowly add the sugar (add 1 tablespoon of sugar at a time). Beat the mixture until the foam forms stiff shiny peaks (Slowly, lift beaters out of mixture to see if stiff peaks have formed).
7. Spoon the meringue over pudding, spread meringue all the way to the edge of dish.
8. Bake at 375 degrees Fahrenheit for about 10 to 15 minutes, until meringue is cooked and lightly browned.
9. Serve warm or chilled. Store in refrigerator.

SERVING SIZE: 1/2 cup

### Fun Fact

Need a healthy snack? Mix 1/2 cup strawberries with 1/2 cup low-fat pudding. It's a fun and tasty way to add fruit and milk to your day! Remember nutritionists recommend 1 1/2 cups of fruit and 3 cups of milk a day.