

Banana Pudding

Recipe makes 6 servings

Ingredients

- **32 Vanilla Wafers, divided**
- **2 boxes Sugar Free Vanilla or Banana Pudding Mix (1.34 oz each)**
- **2 medium Bananas, sliced**
- **4 C Fat Free Fairlife Milk**
- **1.5 C Whipped Topping**



Nutrition Profile

- per portion -

Calories - 263

Fat - 7g

Carbohydrates - 38g

Protein - 10g

***Fiber - 1g**

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Instructions

- 1. Start by adding your two boxes of pudding mix to a large mixing bowl, along with 4 cups of milk. Mix well until pudding starts to thicken. If there are clumps, don't worry. These will go away after it settles.**
- 2. Line the bottom of an 8x8 square pan with 25 vanilla wafers. You should be able to fit 5 rows of 5 cookies each.**
- 3. Next add your pudding mix on top of the vanilla wafers.**
- 4. Line one of your sliced bananas on top of the pudding.**
- 5. Spread on your whipped topping.**
- 6. Add your other sliced banana on top of the whipped topping.**
- 7. Last, take your remaining 7 vanilla wafers and crush them up. Once they are crushed, sprinkle on top to garnish.**
- 8. Divide into 6 servings and be sure to refrigerate the leftovers.**
- 9. Enjoy!**

Notes

- **I used Fairlife milk for the extra protein content. You can use any milk of your preference. You can also use ready to drink protein drinks like Fairlife or Premier Protein. This will drastically increase the protein content of the recipe, but also increase the calories.**
- **Store leftovers in the fridge inside a sealable container.**