

Banana Pudding

Makes 4—1/2 cup servings

1/4 cup milk*
4 teaspoons sugar
1 teaspoon vanilla
2 medium bananas, cut into quarters

2 cups plain low-fat yogurt
1 medium banana, cut into 8 1/4 - inch banana
slices, reserve for topping

1. Mix milk, sugar, vanilla, and banana quarters in blender until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill for 1 hour.
3. Spoon into 4 dishes; put 2 banana slices on each dish just before serving.

* Use low-fat or fat-free milk
