

# Low Fat Banana Honey Pudding



Recipe Courtesy Chef Bryan Woolley

2 cups milk skim milk  
¼ cup honey  
3 eggs, slightly beaten  
1 tbsp vanilla  
½ cup pureed bananas  
2 tbsp cornstarch (dissolved in ¼ cup skim milk)  
Pinch of salt  
Splenda if needed for additional sweetness

1. Pour skim milk in to a heavy bottomed saucepan and add honey. Bring to a boil. (Watch carefully so it doesn't boil over on the stovetop)
2. Temper eggs and add eggs to milk mixture.
3. Add vanilla, dissolved cornstarch and salt. Bring to a boil until pudding thickens. Allow to boil for about 30 seconds. Strain pudding through a strainer.
4. Add banana puree. Test for sweetness. Chill and serve with freshly sliced bananas on top and fat free non-dairy topping, if desired.
5. Serves 4

## **Nutrition Facts**

Serving Size: about ¾ cup  
Calories 210  
Total Fat 4g  
Saturated Fat 1g  
Cholesterol 160mg  
Sodium 260mg  
Carbohydrate 35g  
Dietary Fiber 1g  
Sugars 26g  
Protein 10g

## **Diabetic Exchanges**

Protein 1  
Fat 1  
Carbohydrate 2

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