

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