



Low-Fat Banana Cream Pie Cups

Ingredients

- 1 cup crushed reduced fat vanilla wafers
- 2 large bananas, sliced
- 1 small package vanilla instant pudding (4 serving size)
- 2 cups Fat-free milk
- 4 Tbsp Light Cool Whip whipped topping (1 Tbsp for each cup)

Nutrition Facts (per serving)

Calories	449
Fat (g)	5
Saturated Fat (g)	1
Cholesterol (mg)	3
Sodium (mg)	642
Carbohydrate (g)	94
Fiber (g)	2
Protein (g)	7
Calcium (mg)	165

Preparation

Divide wafers crumbs evenly between four 1 cup ramekins. Layer ½ sliced banana over wafer crumbs.

Prepare pudding according to package ingredients using fat-free milk. Divide evenly between ramekins. Spoon a dollop of Cool Whip on top of each cup.

Serves 4

Serving Size: 1 Pie Cup

