

# BANANA PUDDING



## INGREDIENTS

- 1 (8 ounce) package lowfat cream cheese, softened
- 1 (8 ounce) container lite sour cream
- 1 (8 ounce) container lite frozen whipped topping, thawed
- 1 teaspoon vanilla extract

- 3 (1 ounce) packages instant sugar-free vanilla pudding mix
- 1/2 packet artificial sweetener
- 5 cups nonfat milk
- 1 (11 ounce) package Cookies, vanilla wafers, lower fat
- 7 bananas, sliced

## INSTRUCTIONS

1. In a medium bowl, beat cream cheese with sour cream. Stir in whipped topping and vanilla. Set aside.
2. In a large bowl, combine pudding mix, sweetener and milk. Stir until sugar and mix are dissolved. Combine with cheese mixture.
3. In a large glass serving dish, layer pudding mixture, wafers and bananas until all ingredients are used. Chill until serving.

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