

Low-Fat Banana Pudding

- 1/3 cup flour
- Dash salt
- 2½ cups 1% lowfat milk
- 1 14 oz. can fat-free sweetened condensed milk
- 2 egg yolks
- 2 teaspoons vanilla
- 3 cups bananas, sliced ripe (3 large), divided
- 45 reduced fat vanilla wafers
- 4 egg whites, at room temperature
- 1/4 cup sugar

Preheat oven to 325°.

Combine flour and salt in a medium nonstick saucepan. Gradually add milks and egg yolks; stir well. Cook over medium heat 8-10 minutes or until thick, stirring constantly. Remove from heat; stir in vanilla.

Arrange 1 cup banana slices in bottom of a 2-quart baking dish. Spoon 1/3 of pudding mixture over banana. Arrange 15 wafers on top of pudding. Repeat layers twice, arranging the last 15 wafers around edge of dish; pushing cookies into pudding.

Beat egg whites at high speed of a mixer until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form. Spread meringue evenly over pudding, sealing to edge of dish. Bake at 325° for 25 minutes or until golden.

Note: Pudding will be a bit soupy when you first remove it from the oven. Let it cool at least an hour before serving.

Yield: 10 servings