



## Bananarama Cream Pie Dip



[Click to see how it's made](#) !

1/8th of recipe (about 1/4 cup): 61 calories, 2.5g total fat (2g sat. fat), 53mg sodium, 8.5g carbs, 0.5g fiber, 5g sugars, 2g protein

[Click for WW Points® value\\*](#)

**Prep:** 5 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#), [30 Minutes or Less](#)

### Ingredients

1 cup natural light whipped topping (like the kind by [So Delicious](#) or [Truwhip](#))  
1/2 cup fat-free plain Greek yogurt  
1/2 cup (about 1 medium) mashed extra-ripe banana  
3 tbsp. light/reduced-fat cream cheese  
1 1/2 packets no-calorie sweetener (like Truvia)  
1 tsp. vanilla extract  
Dash salt  
Optional topping: cinnamon, sliced banana

### Directions

In a medium bowl, combine all ingredients. Mix until smooth and uniform.

#### MAKES 8 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.