



## Bananarama Pudding



1/6th of recipe (about 1/2 cup): 81 calories, 1g total fat (0g sat. fat), 101mg sodium, 17.5g carbs, 2g fiber, 7g sugars, 1g protein

**Prep:** 5 minutes    **Cook:** 10 minutes

**Cool/Chill:** 2 1/2 hours



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### Ingredients

12 oz. peeled extra-ripe bananas (about 3 medium bananas; about 1 lb. before peeling)  
1 packet natural no-calorie sweetener (like Truvia)  
1/4 tsp. vanilla extract  
2 1/2 cups unsweetened vanilla almond milk  
3 tbsp. cornstarch or arrowroot powder  
*Seasonings: cinnamon, salt*

### Directions

In a blender or food processor, combine bananas, sweetener, and vanilla extract. Add 2 cups almond milk, 1/4 tsp. cinnamon, and a dash of salt. Puree until smooth.

In a medium nonstick pot, combine cornstarch/arrowroot with remaining 1/2 cup almond milk. Stir to dissolve. Add banana mixture, and mix well.

Set heat to medium. Stirring frequently, cook until mixture thickens, about 8 minutes.

Transfer to a large bowl. Let cool, about 30 minutes.

Cover and refrigerate for 2 hours, or until thickened and chilled.

#### MAKES 6 SERVINGS

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