

## SOUTHERN STYLE BANANA PUDDING

No offense to mom you understand... we just made it a little healthier.

I was raised in Missouri and my mom made Banana Pudding a lot, it was a family favorite. I would stand and stir that boxed pudding over the stove for what seemed like hours. My sister would line a dish with “Nilla Wafers”, mom would add some bananas and then we had to wait. Wait for it to cool...it is hard to wait for banana pudding.

Now when I make banana pudding I stop by the health food store and pick up some whole grain, vegan wafers. The ones in the photo were “Madagascar vanilla”...sounds so fancy for down home banana pudding, but they were yummy. They also had some gluten free wafers, so this is a dessert for everyone!

I made the Fantastic Vanilla Pudding from *Give them Something Better (recipe below)* and added the bananas... God made the bananas so they were already healthy, that was the easy part. I layered it all together.

Don't you just want to dig in now...

- 4 cups nondairy milk
- 2/3 cup cornstarch
- 1/4 cup maple syrup
- 1/2 teaspoon salt
- 2 tablespoons vanilla extract

1. Combine all ingredients, except vanilla, in a medium saucepan. Stir well to eliminate lumps.
2. Heat over medium until mixture comes to a boil and thickens, stirring constantly.
3. Stir in vanilla. Cover and chill.
4. Before serving, blend mixture in a food processor for a smooth and creamy pudding.

From [Give Them Something Better](#). Used by permission.