

# Skinny Banana Pudding

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- Ingredients

2 small boxes of sugar-free vanilla pudding

2 cups of 2 % milk

2 cups of low fat vanilla yogurt

1 (8 oz.) of light Cool-Whip

1 box of Vanilla wafers

4- to 5 bananas (Not too ripe or mushy)

# Instructions

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- In a large bowl, beat pudding mix, and milk with hand mixer. Fold in yogurt and Cool Whip. Place 1/3 of the vanilla wafers in bottom on serving dish. Spread 1/3 of pudding mixture on top.
- Layer sliced bananas on top of pudding
- Repeat layers of pudding, banana and cookies. Finish of final layer of pudding and cookies around side of dish. Top with more Whipped Cream and cookie crumbs. Enjoy! Only 220 calories per serving