

It Feels Like **CHEATING**

BANANA CREAM PIE

Serves: 8

Prep time: 10 minutes

Exchanges: 4 other carbohydrates

**NUTRITION
FACTS PER SERVING:**
1/2 slice of pie

Calories: 269

Fat: .8 g

Cholesterol: <1 mg

Sodium: 284 mg

Carbohydrates: 60 g

Fiber: 4 g

Protein: 6 g



Add pudding mix and beat until blended, 1 to 2 minutes. Fold in 1 cup of whipped topping and mix

Directions

Combine cream cheese and skim milk in large bowl and beat with an electric mixer until creamy and smooth.

lightly. Arrange banana slices on crust. Spoon pudding mixture on top of banana slices and top with remaining whipped topping. Cover carefully and refrigerate 4 to 5 hours or overnight. Before serving, top with bananas or strawberries if desired.

INGREDIENTS:

- 1/2 cup nonfat cream cheese, softened
- 1 1/2 cups cold skim milk
- 2 (4-serving) pkgs. instant banana pudding mix
- 1 8 oz. container nonfat whipped topping, thawed
- 1 banana, thinly sliced
- 1 9-inch low-fat graham cracker pie crust

Topping

- 1 cup thinly sliced banana or sliced strawberries, if desired