Strawberry-banana Pudding Cup

Makes 2 servings

Ingredients

16 medium strawberries, washed, stems removed and sliced

1 3.4-ounce package instant banana pudding mix

2 cups 2% milk

*Optional toppings: crushed vanilla wafers, whipped cream, maraschino cherries

Directions

1. In each of two serving dishes, place half of the strawberry slices. Set aside.
2. Pour pudding mix into a medium mixing bowl. Add milk and whisk for 2 minutes. (Pudding should not be thick.) Pour ½ cup pudding over each bowl of strawberries. (You will have leftovers.)
3. Cover each bowl with plastic wrap and place in the refrigerator until it thickens. Add optional toppings just before serving, if desired*.

*Option not included in nutrition facts.

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TIP

Don't toss the leftover pudding — make pudding pops instead! Add enough milk to thin out the pudding, stir and pour into frozen treat molds (or small paper cups). Then insert a wooden stick into each mold and place in the freezer.

GF = gluten free

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Nutrition Facts

Serving Size 1 cup (296g)
Servings Per Container 2

Amount Per Serving

Calories 200	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 430mg	18%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 33g	
Protein 5g	

Vitamin A 2% • Vitamin C 160%
Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk
Carb choices per serving: 2