



Food H & P:

3-4 bananas

1, 8 oz container of cool whip

1, 5 oz box of instant vanilla (or banana flavored) pudding

1, 8 oz bag of Nutter Butter snack size cookies

3 cups of milk

Food Rx:

Mix the pudding packet and milk together with a whisk about 2 minutes or until thick. Slice the bananas. Then it's just layering. Place 1/3 of the bag of the Nutter Butter cookies on the bottom of the serving dish, cover with half of the pudding mixture, then half of the sliced bananas, lastly ending with the cool whip. Repeat the layers once more then top this delicious dessert with the remaining cookies for decoration.

Tips:

For a prettier pudding, dipping the bananas in sprite or water with a few drops of lemon juice will keep them from turning brown.