

BANANA PUDDING FROM SCRATCH

Here is the real deal...the big flavor of classic Southern-style banana pudding.

This has been a favorite since childhood. I prefer the scratch version as I can't tolerate the artificial flavorings, coloring, or sweeteners found in boxes and the frozen desert topping.

It only takes 15 minutes to whip up a batch from scratch and whip some real cream.

Ingredients for Banana Pudding

- 1/2 c. sugar
- 2 tbsp. flour
- 1/4 tsp. salt
- 2 c. milk
- 4 separated eggs
- 1 tbsp. vanilla flavor
- 1 box of Nilla Vanilla Wafers
- 4 med. ripe bananas

DIRECTIONS TO MAKE IT IN THE NEXT PAGE (>), ENJOY ☐

Directions for Banana Pudding

1. Mix flour, salt, and sugar; add milk slowly.
2. Stir constantly over low heat until thickened.
3. Stir and cook for about 15 minutes.
4. Beat egg yolks in bowl and stir into mixture slowly stirring constantly.
5. Cook about 5 more minutes stirring constantly.
6. Remove from heat and add vanilla.
7. Line bottom of casserole dish with vanilla wafers,

bananas (sliced) and custard mixture.

8. Repeat layers, ending with custard on top.
9. Beat egg whites until stiff.
10. Add 1/4 cup sugar; whip until it peaks.
11. Spread on top of custard and bake in oven at 450 degrees for about 5 minutes or until browned.
12. Remove from oven and serve

NOTE :

" Please note that some meals are better to be prepared every once in a while because of some ingredients like **meat, cheese, lot of sugar, fats..etc.**

Having meals with these ingredients all the time may damage your health. "

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