

Banana Cream Pie

NUTRIENT ANALYSIS

Calories	233
Protein	9.5 g
Carbohydrate	37 g
Total Fat	5 g
Saturated Fat	trace
Cholesterol	2.5 mg
Fiber	2 g
Sugars	4 g
Sodium	510 mg

Each serving counts as
 1/4 fruit, 1/2 starchy carbohydrate,
 1/2 low-fat dairy product, and
 trace of fat.

Banana cream pie is always a treat and a favorite at family get-togethers. If you are among the banana cream pie lovers of the world, you'll surely enjoy what's in store for you here. The fat and calories have been cut back, but with no corresponding loss of richness or flavor. And, there's an unexpected nutritional bonus: a healthy dose of fiber and lots of calcium in every bite.

8 servings

2¹/₂ cups Banana Nut Crunch Cereal
 2 tablespoons light margarine spread, at room temperature
 2 (1-ounce) packages sugar-free, fat-free instant banana cream
 or vanilla pudding mix
 2 tablespoons fat-free powdered dry milk
 2 cups cold fat-free milk
 2 ripe bananas, peeled and roughly chopped
 2 cups sugar-free, fat-free vanilla yogurt

1. Position a rack in the lower third of the oven and preheat to 325°F.

2. Place the cereal in a food processor fitted with the chopping blade and process until finely ground, about 30 seconds. Add the margarine spread and process until a soft ball of dough begins to form. Pour the dough into a 9-inch pie pan and press it into an even crust across the bottom and up the sides of the pan. Alternatively, place the cereal in a zipper plastic bag, squeeze out all the air, and seal tightly. Using a heavy rolling pin or the bottom of a large, heavy saucepan, pulverize the cereal to the texture of fine meal, rotating the bag frequently so the cereal is uniformly crushed. Transfer the cereal to a medium bowl and cut in the margarine spread with a pastry cutter or two forks, until the mixture begins to form a dough. Press the dough into the pie pan as indicated.

3. Bake for 10 minutes, then transfer to a wire rack and cool completely, about 30 minutes.

4. Place the pudding mix and powdered dry milk in a large bowl. Pour in the milk and whisk 1 minute. Add the chopped bananas and continue whisking until somewhat thickened, about 1 more minute. Pour into the prepared pie shell and refrigerate until set, about 2 hours. Pie may be stored in the refrigerator, tightly covered, up to 3 days.

5. Just before serving, spread the yogurt evenly over the pie, forming a creamy topping.