

RECIPES

Banana pudding

Make 4 servings

Use ripe bananas. The skin should be yellow with little brown specks.

Ingredients:

- 2 cups skim milk
- 1 package instant vanilla pudding
- 2 medium bananas, thinly sliced
- 7 graham crackers
- 2 tsp brown sugar

Directions

- In a mixing bowl combine pudding and milk. Set aside.
- In a square glass dessert dish, crumble graham crackers to line the bottom.
- Pour pudding mixture over crackers
- Arrange banana slices over top. Sprinkle with brown sugar.
- Serve warm or cold.

Cereal-topped apple crisp

Make 8 servings

Ingredients

6 cups peeled, cored and sliced Red Apples (8 apples)

¼ tsp cinnamon

½ cup high fibre cereal

¼ cup whole wheat flour

¼ cup brown sugar

1 cup large flake oats

¼ cup non hydrogenated margarine, melted

¼ cup unsweetened applesauce.

Directions:

- Preheat oven to 350 F
- Place sliced apples in a large bowl and toss with cinnamon. Place in a baking dish.
- In a bowl mix together cereals, flour, oats and brown sugar.
- In another bowl combine margarine and applesauce add to the oat mixture
- Place on top of the apples and bake for 40 minutes
- Serve with non-fat vanilla yogurt (optional)
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