

Healthy Budget Cooking series presents.....

DESSERTS!

Quick and Tasty Banana Pudding (makes 1 pudding)

Ingredients:

- 1 small banana
- 3 tablespoons nondairy whipped topping
- 2 tablespoons prepared vanilla pudding
- 2 vanilla wafers



Cut half of the banana into slices; keep the other half in the peel to use for something else. Layer 1 glass with 1 Tbsp. whipped topping, one-fourth of banana slices, 1 Tbsp. vanilla pudding, another fourth of banana slices and 1 vanilla wafer. Repeat. Dollop with 1 Tbsp. whipped topping when finished.

Nutrition Info: Cal: 220, Fat: 6g., Sodium: 140 mg., Carb: 40 g., Fiber: 2g., Sugar: 25 g., Protein: 3g.



Strawberry Shortcake (makes 10 cakes)

Ingredients:

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| - 1/2 cup skim milk | - 1 Tablespoon lemon juice |
| - 1 1/4 cups Flour | - 6 Tablespoons sugar |
| - 1/3 teaspoon baking powder | - 2 Tablespoons butter, softened |
| - 2 sliced strawberries | - Light whipped cream to taste |

Preheat the oven to 475°F. In a bowl, stir together the milk and lemon juice. In a separate bowl, mix the flour, sugar, and baking powder. Add the butter and cream until the mixture is of an even consistency. Add the lemon and milk and mix thoroughly. Drop the batter in spoonfuls onto an ungreased cookie sheet. Bake for about 15 minutes, or until biscuits are golden brown. Serve the biscuits covered with strawberries and topped with whipped cream.

Nutrition Info: Cal: 141, Fat: 5g., Sodium: 51 mg., Carb: 22 g., Protein: 2g.

Peanutella Granola Balls (Makes 12-16 servings)

Ingredients:

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| - 2 Tablespoons Honey | - 2 1/2 Tablespoons creamy peanut butter |
| - 1 1/2 Tablespoons Nutella | - 2 Cups Granola |
| - 2-4 Tablespoons milk | |

In a large bowl, combine honey, peanut butter, and nutella, then stir until combined. Using a spatula, gradually stir in granola. Add just enough milk to moisten, so mixture still sticks together. Form into balls and place on a baking sheet. Let chill before serving. Makes 12-16 granola balls.

Nutrition Info: Cal: 90, Fat: 4g., Sodium: 25 mg., Carb: 11 g., Fiber: 1g., Sugar: 6 g., Protein: 2g.

