



Banana Custard Pie

Recipe Courtesy Chef Bryan Woolley

- 1 cup lowfat milk
- 1/4 cup unbleached flour
- 1 pinch of salt
- 4 large eggs
- 1 tbsp vanilla
- 3 cups fat free whipped topping
- 1 tbsp artificial sweetener (like Splenda)
- 3 bananas, peeled and sliced
- 15 low fat graham crackers, crushed

1. In a heavy bottomed saucepan, stir together milk, flour, salt, eggs and vanilla.
2. Cook over medium heat, stirring constantly until thickened, approximately 6 to 7 minutes.
3. Strain custard and mix in sweetener to taste.
4. Set custard into refrigerator to cool completely. Be sure to cover the top of the custard with plastic wrap to prevent a crust from forming.
5. When custard has cooled, fold in whipped topping and approximately 2 sliced bananas.
6. Spread graham cracker crumbs on the bottom of a nine-inch pie shell.
7. Evenly space remaining bananas over the graham cracker crumbs.
8. Pour custard mixture into pie shell, cover and chill for about 2 hours before serving.

Serves 8

Nutritional Analysis

One Serving = 1/8 of pie

Calories	210
Protein	6g
Carbohydrate	32g
Total Fat	4g
Saturated Fat	1.5g
Cholesterol	110mg
Sodium	150mg

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