

Sawdust Pudding

Yield: 8 servings

Ingredients:

1/3 cup sugar
2 tablespoons cornstarch
1/8 teaspoon salt
2 cups fat-free (skim) milk
2 egg yolks, slightly beaten
2 tablespoons butter or stick margarine, softened
2 teaspoons vanilla extract
6 bananas, sliced
3 tablespoons lemon juice
2 cups graham cracker crumbs, divided
whipped cream topping (optional)

Procedure:

Blend sugar, cornstarch and salt in 2-quart saucepan. Combine milk and yolks, and gradually stir into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. While pudding is cooking, slice bananas and immediately coat with lemon juice to prevent discoloration. Set aside in refrigerator. Once pudding boils, stir for 1 minute, remove from heat, and stir in butter or margarine and vanilla. In a 2-quart glass dish, layer 1/2 cup of graham cracker crumbs, followed by about a third of the sliced bananas and a third of the pudding. Repeat, creating three layers each of bananas and pudding and four layers of cracker crumbs (bottom and top). Cool slightly then chill for several hours. If desired, top with whipped cream.

270 calories and
7 grams of fat
per serving when
made with
fat-free milk

Not only tasty, this recipe also provides about 10 percent of the daily recommended calcium, plus potassium and B vitamins.

NDSU Agriculture Communication



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