

Banana Pudding Delights

This recipe makes 72 bites



Ingredients

72 vanilla wafers
1 **box** banana cream pudding
2 **cups** milk
3 bananas
2 **cups** Cool Whip

This recipe was contributed by John In Bibs

Directions:

1. Place your 4 x 6 round portion silicone mold on a freeze drying tray. The diameter of each mold section should be about the size of the vanilla wafer.
2. Place a vanilla wafer in the bottom of each section of the mold.
3. Prepare Banana Cream Pudding according to the package directions in a mixing bowl.
4. Gently fold in 2 cups of Cool Whip until well combined and fluffy.
5. Spoon the pudding mixture into each mold space, filling about $\frac{3}{4}$ full over the vanilla wafer. Scrape off any excess pudding and return it to the bowl.
6. Place the molds in the refrigerator to allow the pudding to set.
7. While the pudding sets, thinly slice bananas.
8. Once set, place one banana slice on top of each filled mold space.
9. Place the molds in the freezer until the treats are completely solid.
10. Before removing the bites from the molds, start your freeze dryer and let it cool down.
11. Pop each frozen delight out of the mold.
12. Arrange them on lined freeze-dryer trays.
13. Freeze dry
14. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. These are a freeze-dried sweet treat!

Notes:

Any time pudding is freeze-dried it is helpful to fold in some Cool Whip to keep it from becoming so hard after freeze-drying.

Nutritional Value Per 1 bite

Calories: 42 Protein: 0.5 g Fat: 2 g Carbohydrates: 7 g Sugar: 3 g Fiber: 0 g