

Banana Pudding Delights

This recipe will make 72 bites that will easily fit on 3 medium trays*

[John in Bibs': Banana Pudding Delights Ep12](#)

Ingredients:

72 Nilla Wafers
1 box Banana Cream Pudding
2 C Milk
Bananas
2 C Cool Whip



Directions:

1. Place a vanilla wafer in the bottom of each space in a 4 space by 6 spaces silicone mold. (just big enough for a vanilla wafer in the bottom of each space)
2. Follow the directions on the box of Banana Cream Pudding, making it in a bowl.
3. Fold in about 2 C of Cool Whip.
4. Fill each mold space about 3/4ths full, that is holding a vanilla wafer, with pudding mix.
5. Put it in the fridge to set.
6. Thinly slice bananas while your molds are in the fridge.
7. Place one slice of banana on the top of each mold space.
8. Freeze solid.
9. Pop each delight out of the mold, and place on lined freeze dryer trays.
10. Freeze Dry
11. Store Appropriately (see Tips and Tricks for storage help)

Cycle Time: My cycle time in a medium freeze dryer was shy of 20 hours.

Rehydration: Not intended



Live.
Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray