

# ST. PATTY'S BANANA CREAM DREAM

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*Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8 (Serving = 1/2 cup)*

## **Nutrition (per serving)**

Calories: 134	Total Carbohydrate: 24
Total Fat: 4 g	Dietary Fiber: 0.5 g
Saturated Fat: 3 g	Total Sugars: 8 g
Sodium: 195 mg	Protein: 2 g

## **Ingredients**

- 1- 8 ounce tub light whipped topping
- 1 - 1 ounce sugar free, fat free banana cream pudding mix
- 1 - 5.3 ounce Light & Fit Greek banana cream yogurt
- Green food coloring
- 1 large banana, peeled and sliced
- 8 graham cracker squares, crushed into crumbs
- Gold sprinkles for garnish

## Directions

1. In a large bowl, combine whipped topping, dry pudding mix, yogurt and 5-10 drops of food coloring. Using a hand mixer, mix ingredients for 1-2 minutes. Add more food coloring until desired color is reached.
2. Fold bananas into mixture.
3. Serve in a martini glass or small glass bowl. Garnish with crushed graham cracker, gold sprinkles and a sliced banana on the rim of the glass. May also serve with graham crackers for dipping.