

CHEESE

Banana Pudding IV

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
210 min	30 min	180 min	15	\$1.00	370 kcal



Banana Pudding IV requires about 3 hours and 30 minutes from start to finish. One serving contains 370 calories, 6g of protein, and 15g of fat. This recipe serves 15. For 100 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 4 bananas, sliced
- ☐ 5 ounce package instant vanilla pudding mix
- ☐ 14 ounce sweetened condensed milk
canned
- ☐ 12 ounce 1/2 package vanilla wafers
- ☐ 8 ounce package cream cheese
- ☐ 3 cups cold milk
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounce frozen whipped topping, thawed

EQUIPMENT Bowl

Method

- 1 In a large bowl, beat cream cheese until fluffy. Beat in condensed milk, pudding mix, cold milk and vanilla until smooth. Fold in 1/2 of the whipped topping.
- 2 Line the bottom of a 9x13 inch dish with vanilla wafers. Arrange sliced bananas evenly over wafers.
- 3 Spread with pudding mixture. Top with remaining whipped topping. Chill.

Nutrition per serving

370

KCAL

6 g

PROTEIN

15 g

FAT

54 g

CARBS

Saturated Fat	8.5 g · 53% of daily needs
Fibre	1.2 g · 5% of daily needs
Sugar	39.4 g · 44% of daily needs
Sodium	262 mg · 11% of daily needs
Cholesterol	30.7 mg · 10% of daily needs
Vitamin C	3.4 mg · 4% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/banana-pudding-iv-142745