

DESSERT

Milk Chocolate Banana Pudding

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
270 min	30 min	240 min	8	\$1.74	517 kcal



The recipe Milk Chocolate Banana Pudding can be made in approximately 4 hours and 30 minutes. One portion of this dish contains about 10g of protein, 22g of fat, and a total of 517 calories. For \$1.74 per serving, this recipe covers 15% of your daily requirements of vitamins and minerals. This recip...

Ingredients

- ☐ 4 large bananas, peeled and sliced 1/4-inch thick
- ☐ 3 tablespoons cornstarch
- ☐ 3 ounces good-quality milk chocolate, finely chopped
- ☐ ½ cup sugar
- ☐ 1 ounce unsweetened chocolate, finely chopped
- ☐ 12 ounces thin chocolate wafer cookies (recommended: Nabisco)
- ☐ 6 large egg yolks
- ☐ 8 servings Milk chocolate shavings, for garnish
- ☐ 2 cups sweetened whipped cream
- ☐ ½ teaspoon vanilla extract

☐ 3 cups whole milk

EQUIPMENT Bowl, Sauce pan, Whisk, Plastic wrap

Method

- 1 Place milk in a medium saucepan and bring to a simmer.
- 2 Whisk in both chocolates and heat until melted and smooth.
- 3 Remove from the heat.
- 4 Whisk together the yolks, sugar, and cornstarch in a large bowl. Slowly whisk in the chocolate-milk mixture and then return the mixture to the saucepan over medium-high heat and whisk until thickened.
- 5 Remove from the heat, stir in the vanilla, and transfer to a clean bowl.
- 6 Place a piece of plastic wrap over the surface of the pastry cream and let cool to room temperature.
- 7 Spoon about 1 cup of the pastry cream into a 9 by 13-inch glass dish.
- 8 Layer the cookies, bananas, and pastry cream in the bowl, ending with the pastry cream. Cover tightly and refrigerate until chilled, at least 4 hours or overnight. Just before serving, spread the whipped cream over the top of the pudding and sprinkle with the chocolate shavings.

Nutrition per serving

517

KCAL

10 g

PROTEIN

22 g

FAT

76 g

CARBS

Saturated Fat	10.4 g · 65% of daily needs
Fibre	4.5 g · 18% of daily needs
Sugar	48.3 g · 54% of daily needs
Sodium	292 mg · 13% of daily needs
Cholesterol	161 mg · 54% of daily needs
Vitamin C	5.9 mg · 7% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/milk-chocolate-banana-pudding-147754