

BANANAS

Triple Layer Banana Cream Pie Bars

24 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
205 min	15 min	190 min	16	\$0.63	224 kcal



The recipe Triple Layer Banana Cream Pie Bars can be made in roughly 3 hours and 25 minutes. This recipe makes 16 servings with 224 calories, 3g of protein, and 11g of fat each. For 63 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 3 bananas, sliced
- ☐ 2 pkg (4 serving size) JELL-O Vanilla Flavor Instant Pudding
- ☐ 1½ cups crushed NILLA Wafers
- ☐ 2½ cups thawed COOL WHIP Whipped Topping, divided
- ☐ 1/3 cup butter or margarine, melted
- ☐ 3 cups cold milk
- ☐ ½ cup PLANTERS Chopped Pecans

EQUIPMENT Bowl, Oven, Whisk, Baking pan

Method

- 1

Preheat oven to 325 degrees F.
- 2

Mix wafer crumbs, pecans and butter in 13x9-inch baking dish; press firmly onto bottom of dish.
- 3

Bake 8 min. Cool 10 min.
- 4

Top crust with banana slices.
- 5

Pour milk into large bowl.
- 6

Add pudding mixes. Beat with wire whisk 2 min. or until well blended. Spoon 2 cups of the pudding over banana layer.
- 7

Gently stir 1 cup of the whipped topping into remaining pudding; spoon over pie. Top with remaining 1-1/2 cups whipped topping. Refrigerate 3 hours. Store any leftovers in refrigerator.

Nutrition per serving			
	224	3 g	11 g
	KCAL	PROTEIN	FAT
Saturated Fat			3.8 g · 24% of daily needs
Fibre			1.1 g · 4% of daily needs
Sugar			20.6 g · 23% of daily needs
Sodium			188 mg · 8% of daily needs
Cholesterol			5.8 mg · 2% of daily needs
Vitamin C			2 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/triple-layer-banana-cream-pie-bars-144894](https://www.whatsheate.com/triple-layer-banana-cream-pie-bars-144894)