



♥ RECIPE

Homemade Banana Pudding

Author: Lindsay *Prep Time:* 15 minutes

Cook Time: 5 minutes *Total Time:* 4 hours 20 minutes

Yield: 8-10 servings *Category:* Dessert *Method:* Stove

Cuisine: Southern

Description

This **Homemade Banana Pudding** recipe makes the creamiest and most flavorful banana pudding ever! Layered with bananas and sweet vanilla wafer cookies, this Southern dessert recipe is hands down the best banana pudding I've had.

Ingredients

- 3 large eggs
- 3/4 cup (155g) sugar
- 1/4 cup (33g) all purpose flour
- 1/4 tsp salt
- 3 cups milk (I used 2%)
- 1 1/2 tsp vanilla extract
- 14 oz can sweetened condensed milk
- 1 1/3 cup heavy whipping cream, cold
- 6 tbsp (44g) powdered sugar
- 1 tsp vanilla extract

- 8 oz vanilla wafers (about 60 cookies), divided
- 4 large bananas, cut into 1/4-inch slices

Instructions

- 1 In a small bowl, whisk the eggs together, set aside.
- 2 In a large saucepan combine sugar, flour and salt. Whisk in the milk.
- 3 Cook and stir over medium heat until it's beginning to thicken and it just begins to bubble.

- 4 Once it begins to bubble, reduce heat to low. Cook and stir for 2 more minutes, then remove from heat.
- 5 Slowly pour a small amount of the milk mixture into the eggs, whisking constantly so that the eggs don't scramble.
- 6 Pour the entire mixture back into the pan and whisk constantly. Bring back to a gentle boil over medium heat.
- 7 Cook while stirring for 2 more minutes, then remove from heat. Stir in 1 ½ teaspoons of vanilla extract. Keep in mind that the pudding thickens as it cools, so you don't need it to be super thick before you remove it from the heat.
- 8 Allow pudding to cool for about 15 minutes, stirring occasionally.
- 9 Add the sweetened condensed milk to the pudding and allow it to continue to cool. The pudding will naturally thin out a little after you add the milk, it's ok.
- 10 When the pudding cools to about room temperature, make the whipped cream. Add the heavy whipping cream, powdered sugar and remaining teaspoons of vanilla extract to a large mixer bowl and whip on high speed until stiff peaks form.
- 11 Gently fold the whipped cream into the pudding in two part.
- 12 In an ungreased 9×13 baking dish, add a layer of vanilla wafers (about 45-50), then the banana slices and then the pudding.
- 13 Cover and refrigerate overnight. Just before serving, crush the remaining vanilla wafers and sprinkle over top.

Notes

- i You'll notice the milk mixture begin to thicken as you're whisking. Don't turn up the heat to cook it quicker – you want it to come to temperature slowly and not overcook. Once it begins to thicken, stop whisking for a few seconds here and there to pause and see if it's bubbling. Because the mixture is thick, you'll need to stop your whisk for a few seconds to notice the bubbling.
- i This can also be made in 9-inch square pan! You can either cut the recipe in half or do two of each layer.
- i If you really want to use a pudding mix, you can replace the homemade pudding with a 5 ounce box of instant vanilla pudding.
- i Keep in mind that the final pudding is not super thick and mousse-like. It's a softer pudding and what I consider to be a true southern banana pudding.

Nutrition

Serving Size: **Calories:** 429 **Sugar:** 55.5 g **Sodium:** 228.3 mg **Fat:** 13.4 g

Carbohydrates: 70.1 g **Protein:** 9.1 g **Cholesterol:** 78.1 mg

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