

Gluten & Dairy Free Banana Pudding

Servings: 6

Prep time: 25 min

Cook time: 3-5 min

INGREDIENTS

PUDDING INGREDIENTS

1 box of Kinnikinnick's Gluten Free

Vanilla Wafers

2 ripe bananas

2/3 cup of sugar

3 tablespoons of cornstarch

1 tablespoon of benefiber (optional)

2 cups of mixed canned goat and
coconut milk

3 egg yolks

2 tablespoons of vegan butter

1 1/2 teaspoons of vanilla

MERINGUE INGREDIENTS

3 egg whites

1 pinch of salt

1/4 cup of sugar



DIRECTIONS

Make the Pudding

- In a large nonstick saucepan add a 2/3 cup of sugar and 1 tablespoon of benefiber (optional).
- Use two bowls to separate the yolks from the whites of three eggs.
- Add 3 egg yolks to the saucepan and set the egg whites aside for the meringue.
- In a separate bowl or blender, mix together 1 can of canned goat milk and 1 can of canned coconut milk. Then, measure out 2 cups of this milk mixture.
- Add 1 1/2 cups of the milk to the saucepan, reserving 1/2 cup of the milk in the measuring cup.
- Add 3 tablespoons of cornstarch to the measuring cup and stir until there are no clumps left.
- Add the milk and cornstarch mixture to the saucepan.
- Cook over medium-low heat stirring constantly. Do not boil it.

Directions continue on the next page



Recipe by: Cheri Moore

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- After around 8 minutes, the saucepan will begin to steam. Soon after, the pudding will begin to thicken. When it does, reduce the heat to the low and continue stirring.
- Continue to cook the pudding over low heat for another 2-3 minutes until it reaches a pudding consistency.
- Turn off the burner and remove the pan. Then, add 2 tablespoons of vegan butter and 1 & 1/2 teaspoons of vanilla to the saucepan.
- Stir until the vegan butter is completely melted.
- Then, use a fine-mesh strainer to strain the pudding into a bowl. Use a clean spoon to scrap pudding off the bottom of the strainer. The strainer will catch any bits of cooked egg.
- Stir the pudding until it has completely cooled. Set it aside while you prepare to assemble your pudding.
- Peel and slice 2 bananas
- Line the bottom of your pudding dish with gluten free vanilla wafers. Next, add a layer of sliced bananas.
- Then, add half of the pudding to the dish and smooth it out with a spoon.
- Add another layer of wafers, bananas, and the remaining pudding.

How to Make Meringue

- Add 3 egg whites and a pinch of salt to a mixing bowl.
- Use an electric mixer to beat it on high until stiff peaks begin to form.
- Slowly add 1/4 cup of sugar while the mixer is going.
- Mix until incorporated and then turn off the mixer.

Assemble the Gluten & Dairy Free Banana Pudding

- Preheat the oven to 425 degrees Fahrenheit.
- Scoop the meringue onto the top of the pudding.
- Smooth meringue to the edge of the dish, tap the top to create peaks, and wipe the edge of the bowl with a clean paper towel.
- Bake at 425 degrees Fahrenheit for 3-5 minutes or until the peaks have browned.
- Allow it to cool completely and then refrigerate for 1 hour before serving.

NOTES:

Make sure the meringue touches the edge of the dish all the way around so that it does not pull back while baking.
