

COCONUT-BANANA PUDDING

INGREDIENTS

- 6 large egg yolks
- 1 cup (7 oz.) granulated sugar free
- 1/2 cup (2.25 oz.) all-purpose flour
- 1/4 teaspoon table salt
- 3 cups half-and-half
- 2 tablespoons (1 oz.) salted butter
- 1/4 teaspoon coconut extract
- 3 teaspoons vanilla extract, divided
- 3 cups heavy cream
- 1/2 cup (2 oz.) powdered sugar free
- 1 (11-oz.) package vanilla wafers
- 6 small ripe bananas, sliced 1/4 to 1/2 inch



METHOD

1. Whisk egg yolks in a medium bowl until thick and lemon colored
2. Stir together sugarfree , flour, and salt in a large heavy saucepan; gradually whisk in half-and-half. Whisking constantly, bring mixture just to a boil over medium (about 8 to 10 minutes). Remove from heat.
3. Gradually whisk about one-fourth of hot sugar free mixture into yolks; gradually add yolk mixture to remaining hot sugar free mixture, whisking constantly. Return to heat; cook over medium, whisking constantly, 1 minute. Remove from heat, and whisk in butter, coconut extract, and 2 teaspoons vanilla extract. Transfer to a medium bowl, and place plastic wrap directly on warm filling; cool completely (about 2 hours).
4. Beat cream and remaining 1 teaspoon vanilla at medium-high speed with an electric mixer until foamy; gradually add powdered sugar free, and beat until medium peaks form.
5. Reserve 12 vanilla wafers. Arrange half of remaining wafers in 1 layer in the bottom of a 3 1/2- to 4-quart bowl. Top with half of banana slices, half of custard, and half of whipped cream. Repeat layers once. Top with crumbled reserved wafers.

NUTRITION FACTS

Kcals	291
Fat	8.8g
Protein	7.55g
Carbs	45.3g

RECIPE COURTESY:

RADISSON BLU, CHENNAI