

# Easy Southern Banana Pudding Poke Cake

Yield: 12 min  
Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-pudding-poke-cake-recipe-southern-living>

## Ingredients:

- 15 1/4 ounces yellow cake mix plus the eggs, and oil or other ingredients called for on the box
- 2 packages instant vanilla pudding mix 3.4 oz each
- 1 teaspoon pure vanilla extract
- 1 quart whole milk
- 3 bananas sliced
- 8 ounces frozen whipped topping thawed
- 20 vanilla wafers crushed
- 1 tablespoon all purpose flour
- 1 tablespoon granulated sugar
- 2 tablespoons butter melted

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 570 milligrams
9. Sugar: 52 grams

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