

# Weight Watchers Banana Pudding

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-diabetic-recipe-weight-watchers>

## Ingredients:

- 20 Nilla Wafers reduced fat
- 1 1/2 ounces vanilla instant pudding sugar-free, fat-free
- 1 banana ripe
- 3 cups skim milk
- 10 tablespoons Reddi Wip fat-free

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 10 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 410 milligrams
9. Sugar: 36 grams

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