

Chocolate Banana Pie

INGREDIENTS DIRECTIONS

- 1 (9-in) graham cracker pie crust
 - 1 c sour cream
 - 1 c milk
 - 1 (4 oz) pkg instant chocolate pudding
 - 3 medium bananas
1. Beat sour cream and milk with hand beater until smooth. Mix in instant pudding mix until smooth and slightly thickened.
 2. Slice bananas into pie crust; pour sour cream mixture over bananas.
 3. Refrigerate until set, at least 1 hour.



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HEALTHY SWAPS

- **Lower Fat:** Substitute non-fat, plain greek yogurt for sour cream, and use skim milk. 230 Calories. 6g Fat (2g Saturated fat, 0mg Cholesterol.) 350mg Sodium. 40g Carbohydrates (2g Fiber, 22g Total sugar.) 5g Protein.
- **Lower Carbohydrate:** Substitute non-fat, plain greek yogurt for sour cream, use unsweetened nut milk, use sugar-free pudding mix. Reduce bananas to 1 and use nut-based pie crust such as Diamond Pecan Pie Crust. 160 Calories. 12g Fat (3g Saturated fat, 0mg Cholesterol.) 350mg Sodium. 18g Carbohydrates (1g Fiber, 5g Total sugar.) 9g Protein.
- **Lower Sodium:** Melt 2oz semi-sweet baking chocolate with 4Tbsp sugar, and 3 Tbsp cornstarch to substitute for pudding mix. 300 Calories. 14g Fat (6g Saturated fat, 25mg Cholesterol.) 135mg Sodium. 41g Carbohydrates (2g Fiber, 22g Total sugar.) 4g Protein.
- **Dairy-free:** Use non-dairy milk, sour cream, and pudding mix. 410 Calories. 26g Fat (7g Saturated fat, 0mg Cholesterol.) 450mg Sodium. 49g Carbohydrates (10g Fiber, 20g Total sugar.) 2g Protein.
- **Gluten-free:** Use a gluten-free graham cracker crust such as Mi-Del Gluten-Free and Allergen-Free Graham Cracker Crust. 300 Calories. 12g Fat (7g Saturated fat, 25mg Cholesterol.) 360mg Sodium. 42g Carbohydrates (1g Fiber, 26g Total sugar.) 7g Protein.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
	8 servings per container Serving size 1 Slice (140g) Calories per serving	280	Total Fat 12g			15%	Total Carbohydrate 40g
		Saturated Fat 5g		25%	Dietary Fiber 2g		7%
		Trans Fat 0g			Total Sugars 22g		
		Cholesterol 20mg		7%	Includes 0g Added Sugars		0%
		Sodium 350mg		15%	Protein 2g		4%
		Vitamin D 0.4mcg	2%	• Calcium 70mg	6%	• Iron 1.1mg	6%
		Potassium 260mg	6%				

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.