



# Eating Bird Food

Because Healthy Foods Are Actually Quite Tasty

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## Ultimate Peanut Butter Banana Pudding

by EATING BIRD FOOD on MAY 31, 2011

I saw these vanilla wafers in Trader Joe's this weekend and I knew instantly that I needed them.



They're like the classic Nilla wafer but with a stronger vanilla flavor and a rich buttery taste, two characteristics that the Nilla seems to be missing. TJ's wafers have vanilla beans, natural vanilla, real sugar and butter where as Nilla have artificial vanilla flavoring, high fructose corn syrup and hydrogenated oil. I was sold.

I don't buy packaged cookies just for snacking, but I had a special plan for these.



It included Greek yogurt, peanut butter, [truwhip](#) (I love that there's now a natural whipped

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topping on the market!) and almond milk.



A dash of cinnamon.



Vanilla pudding mix.



And bananas. Can't forget the bananas.



Let me present to you, the final product – ultimate peanut butter banana pudding.



It's decadent, sweet, semi-healthy (there's Greek yogurt and fruit involved) and most important- it tastes amazing!! Some might even say it's the best banana pudding they've ever had. I wouldn't argue.

The recipe isn't my own as I found it over at [Peanut Butter Boy's blog](#), but I made a few modifications and used specific products so I'll post my version below.

### Ultimate Peanut Butter Banana Pudding

Adapted from Peanut Butter Boy's [Peanut Butter Banana Pudding](#)

#### Ingredients:

- 1 cup non-fat, plain Greek yogurt
- 10 oz [Trowhip](#), thawed for 30 minutes
- 2 cups unsweetened vanilla almond milk
- 1/3 cup natural creamy, unsalted peanut butter
- 1/2 t cinnamon
- 2 small boxes (3.4oz ) non-fat, sugar-free instant vanilla pudding
- 1 container TJ's Ultimate Vanilla wafers
- 2 bananas, into thin slices
- sweetened cacao nibs or dark chocolate to garnish

#### Preparation:

1. In a mixing bowl whisk together the Greek yogurt, peanut butter, whipped topping, almond milk and cinnamon until no clumps remain. Stir in the instant pudding until well incorporated and mixture begins to thicken.
2. In a large glass serving dish/trifle bowl, form a layer of wafers. Cover with a thin layer of pudding, followed by a layer of banana slices. Add another thin layer of pudding and repeat. The size of your serving dish will determine how many layers you can make. 2-3 layers is typical.
3. Top with a few vanilla wafers and garnish with cacao nibs or dark chocolate pieces.
4. Refrigerate for at least 2 hours before serving.

If you like banana pudding and peanut butter, this recipe is a must try! The combo is basically a match made in heaven! No joke.



I hope that your Tuesday is off to a great start and that this recipe helped to brighten your day.

If not, maybe this face will.



Question – I'm curious, did you grow up eating banana pudding? If so, was it the baked or non baked version? I grew up with the a non baked version so that will always remain my favorite.



Tagged as: [banana](#), [Butter](#), [Peanut](#), [Pudding](#)