

E-Z Individual Banana Cream Pies with Peanut Butter

*Paula Macri - Paula's Bella Cucina
Treasure Coast Newspapers*

Servings: 12

*4 ounces cream cheese, softened
1/3 cup creamy peanut butter
1 1/2 cups milk
2 packages (3.4 ounce ea) banana
cream instant pudding
2 cups Cool Whip, room temperature
1 large banana, peeled and sliced
12 mini graham cracker pie crusts
1/4 cup dry roasted peanuts, chopped*

In a large bowl, place the cream cheese and peanut butter. Beat with an electric mixer until creamy. Gradually beat in the milk. Add the pudding mixes and beat until smooth.

Stir in 1-1/2 cups of Cool Whip.

Place the sliced bananas in the bottom of the crusts. Cover with the pudding mixture.

Refrigerate for three hours or until the pies are firm.

Remove from the refrigerator. Top each miniature pie with Cool Whip. Sprinkle with the chopped peanuts.

Per Serving (excluding unknown items): 61 Calories; 4g Fat (62.9% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 43mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	61	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	25.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	5mcg
	3g	Niacin (mg):	trace

Saturated Fat (g):
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 15mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 2g
Sodium (mg): 43mg
Potassium (mg): 96mg
Calcium (mg): 45mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 181IU
Vitamin A (r.e.): 53RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 61 Calories from Fat: 38

% Daily Values*

Total Fat	4g	7%
Saturated Fat	3g	14%
Cholesterol	15mg	5%
Sodium	43mg	2%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	2g	
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Vitamin A		4%
Vitamin C		2%
Calcium		4%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.