

Southern Banana Pudding: A Sweet and Creamy Dessert Classic

There are several reasons why this Southern Banana Pudding recipe stands out from the rest:



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30 min

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INGREDIENTS

- 4 ripe bananas
- 1 box (12 oz) vanilla wafers
- 1 cup granulated sugar
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt
- 4 large egg yolks
- 2 3/4 cups whole milk
- 1 tablespoon vanilla extract
- 1 cup heavy whipping cream
- 2 tablespoons powdered sugar

DIRECTIONS

- Prepare the : Custard:** In a medium saucepan, whisk together the sugar, flour, and salt. In a separate bowl, whisk the egg yolks and then add the milk gradually. Combine both mixtures in the saucepan over medium heat, stirring constantly until thickened. This usually takes about 10 minutes. Be patient; the custard will come together beautifully!
- Add : Vanilla:** Once the custard has thickened, remove it from the heat and stir in the vanilla extract. Let it cool for a few minutes while you prepare the bananas and wafers.
- Layer the : Ingredients:** In a large serving dish, start by placing a layer of vanilla wafers at the bottom. Follow this with a layer of sliced bananas, then pour a layer of custard over the top. Repeat these layers until you run out of ingredients, finishing with a layer of custard on top.
- Whip the : Cream:** In a mixing bowl, beat the heavy cream and powdered sugar until soft peaks form. Spread this whipped cream over the top layer of custard for a light and fluffy finish.
- Chill and : Serve:** Cover the dish with plastic wrap and refrigerate for at least 2 hours, allowing the flavors to meld together. Serve chilled and enjoy!

TIPS FOR SUCCESS

Use Ripe Bananas: The riper the bananas, the sweeter and more flavorful your pudding will be.

Look for bananas with a few brown spots for the best taste.

Make Ahead: This dessert can be made a day in advance, making it perfect for gatherings.

Just be sure to cover it well to prevent the bananas from browning.

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