



Banana Surprise (African-American)

Recipe submitted by Monica Hughley SSIC Managing Director

Ingredients:

- 2 cups Organic unbleached whole wheat flour
- $\frac{3}{4}$ cup finely chopped Pecans
- 1 stick butter, softened
- Tub and half of cool whip (12 oz)
- 1 cup powdered sugar
- 1 pkg. cream cheese (8 oz), softened
- 4 – 6 bananas
- 2 pkgs. Instant Vanilla pudding (follow pudding directions on box)

Preheat oven to 350°

Make pudding following package directions and refrigerate.

Crust:

Using a pastry cutter blend flour & butter add $\frac{1}{2}$ cup chopped pecans. When completely blended, press into 9 X 13 glass baking dish. Bake in 350 until browned, 15 to 20 minutes (depending on oven)

Remove from Oven, let cool.

Filling:

In a mixing bowl place softened cream cheese, powdered sugar, 1 tub Cool Whip, and blend at low speed until smooth consistency. Spread carefully on top of crust.

Refrigerate for 10 minutes.

Slice bananas $\frac{1}{2}$ inch thick and layer bananas on top of filling.

Spread Pudding on top of bananas and refrigerate. Cover with $\frac{1}{2}$ tub Cool Whip and sprinkle with remaining $\frac{1}{4}$ cup chopped pecans. Refrigerate 15 to 20 minutes before serving.