Banana Pudding

4 servings

- 1/2 cup sugar or sugar substitute
- 2 Tbs cornstarch
- 2 cups lowfat milk
- 1 whole egg (or 2 egg yolks)
- 1 tsp vanilla
- 2 ripe bananas, sliced
- vanilla wafers

1. Mix sugar and cornstarch in a saucepan. Add cold milk and stir well.
2. Cook over medium heat until the pudding bubbles gently. Stir often with a rubber spatula to keep it from burning on the bottom of the pan.
3. Beat the egg in a bowl or measuring cup.
4. Add a small amount of the hot mixture to the egg while stirring. Keep adding hot pudding and stirring until you have about a cup of the egg and pudding mixture.
5. Put the egg and pudding mixture back into the pan.
6. Heat the mixture back to bubbling for an additional 2 minutes. Keep stirring often.
7. Add vanilla.
8. Slice bananas. Pour pudding over the bananas.