



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://Veterans-For-Change.com)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Banana Meringue Delight

MERINGUE CRUST

- 3 Egg whites
- 2 Tbsp sugar
- 1/4 Tsp vanilla
- 1 Dash salt
- 1/8 Tsp cream of tartar

FILLING

- 2 Ounces instant vanilla pudding
- 3 Cups skim milk
- 2 Large bananas

TOPPING

- 8 Graham cracker squares, Ground

- 1) Preheat oven to 300 degrees Fahrenheit.
- 2) In large bowl, beat egg whites until slightly stiff. Gradually add sugar and cream of tartar and continue to beat. Add vanilla and salt and continue beating until whites stand in stiff peaks. Spray 9 x 9- inch glass baking dish with non-stick cooking spray. Spread meringue over entire bottom and sides of dish to form a crust. Bake in 300 degrees Fahrenheit oven for 45 minutes. Remove and cool.
- 3) After crust has cooled, prepare pudding mix according to package directions and fold in sliced bananas. Pour pudding mixture into crust and sprinkle ground graham crackers on top. Chill and serve.

Makes 8 Servings

