



Creamy Banana Pudding

From *Krista's Recipe Corner*

CREAMY BANANA PUDDING

3 bananas, sliced
1 Tbl. corn oil
2 tsp. cinnamon
Pinch of sea salt
1/2 cup maple syrup
4 cups vanilla soy milk (set 3/4 cup to the side to dissolve the kuzu)
2 tsp. vanilla extract
1/2 cup plus 1 Tbl. kuzu, (or arrowroot) dissolved in the soy milk set aside

Heat oil in a pot. Add the fresh bananas and saute for 2-3 minutes until they just start to get soft. Sprinkle them with the cinnamon and pour the maple syrup into the pot and continue to cook until the syrup starts to bubble. Then pour in the soymilk and vanilla. Stir well and as the mixture starts to simmer, add in the dissolved kuzu mixture. Keep on stirring well!!!

The pudding will start to thicken. Once it has, remove pot from stove, let cool for 5 minutes and then pour the contents of pot into a glass dish to cool and set in the refrigerator. Let it firm up for about 1 hour in the fridge, then take it out and let stand at room temp for a few minutes before serving.