

SPRIT OF WOMEN PRESENTS



Midtownner's BANANA PUDDING

Enjoy holiday treats, but remember how important eating healthy is to overall health! For tips on healthier ingredient substitutions, visit www.forresthealth.org/season.

INGREDIENTS:

1 cup Sugar	2 cups Milk	4 Egg whites
6 Tbsp Flour	2 tsp Vanilla	1/2 cup Sugar
Pinch of salt	6 Tbsp Butter	1/2 tsp Cream of tartar
4 Egg yolks (reserve whites for meringue)	4 Bananas, ripe, peeled and sliced	
	Vanilla wafers	

DIRECTIONS:

Preheat oven to 350 degrees.

Combine sugar, flour, salt, eggs, milk and vanilla in a small non-reactive saucepot. Cook over low heat, stirring constantly until the pudding thickens. Remove from heat and slowly add butter until incorporated.

Butter a two-quart baking dish. Arrange the vanilla wafers around the outside and across the bottom of the baking dish. Spread a layer of custard over the wafers. Place sliced bananas on top of custard and spoon the remaining custard over bananas, spreading evenly.

Using an electric mixer beat the egg whites until they increase in volume. Add sugar and cream of tartar. Beat to stiff peaks. Spread meringue over pudding and bake 8-10 minutes.

HOLIDAY HEALTH TIP:

Be a "Chatty Cathy!"

Spend your time catching up with family and friends at parties, and you will have less time to over-indulge in holiday treats.

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Spirit of Women.
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ABOUT SPIRIT OF WOMEN

Since 2004, Forrest General Hospital's Spirit of Women program has been a valued resource for women of all ages in the community. Each year, programs are customized to meet the needs of today's women and their families. Our gift to you this holiday season is a FREE membership! Join today by visiting www.forresthealth.org/season.



ABOUT THE RESTAURANT

Pulling inspiration from our city's rich history, The Midtownner prides ourselves in serving everyday food in an extraordinary town. A restaurant for all people, the Midtownner serves pancakes, fried chicken, made-from-scratch biscuits, and meatloaf sandwiches, making sure you and your stomach won't be disappointed.

Real breakfast. Real lunch. Real local.