



Makes 4 parfaits
Preparation Time: 30 minutes
Cook Time: 1 hours 15 minutes

INGREDIENTS:

¼ cup cornstarch

2 cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice

4 tablespoons + 2 teaspoons pure maple syrup

⅛ teaspoon ground nutmeg

⅛ teaspoon sea salt

1¾ teaspoons pure vanilla extract

¾ cup rolled oats

¼ teaspoon ground cinnamon

½ cup raw cashews, soaked overnight

3 large or 4 small bananas, sliced into ¼-inch-thick rounds

Southern-Style Banana Pudding Parfaits

This creamy treat is made by layering an easy stove-top vanilla pudding with sliced bananas and crunchy vanilla-laced oats. To avoid clingy banana strings, peel bananas from the bottom up. (Pinch the black tip to get started.)

Note that the cashews should be soaked overnight for creamiest results. To soak cashews, place them in a bowl with enough hot water to cover.

By Mary Margaret Chappell

- 1** For pudding, place cornstarch in a medium saucepan. Gradually whisk in milk until smooth. Whisk in 3 tablespoons of the maple syrup, the nutmeg, and salt. Bring just to boiling over medium, whisking constantly. Cook and whisk 2 to 3 minutes more or until mixture is thickened and no foam remains on the surface. Stir in 1 teaspoon of the vanilla. Transfer to a bowl to cool.
- 2** While pudding cools, preheat oven to 350°F. Line a small baking sheet with parchment paper. In a small bowl stir together oats, 1 tablespoon of the maple syrup, ½ teaspoon of the vanilla, and the cinnamon. Spread mixture in a ½-inch-thick layer on the prepared baking sheet. Bake 15 to 18 minutes or until oats are golden brown, stirring once.
- 3** For cashew cream topping, drain cashews. In a blender combine cashews and the remaining 2 teaspoons maple syrup and ¼ teaspoon vanilla. Add ¼ cup water. Cover and blend until smooth and creamy. Place in an airtight container; chill.
- 4** To assemble parfaits, spoon 2 Tbsp. pudding in each of four parfait glasses. Top with one-third of the banana slices and one-third of the oat mixture. Repeat with another layer of pudding, one-third of the banana slices, and one-third of the oat mixture. Layer with the remaining banana slices and pudding. Cover and chill parfaits 1 to 8 hours.
- 5** Just before serving, if desired, top with additional banana slices and the remaining oat mixture. Top each with 1 tablespoon cashew cream and additional cinnamon.