

# Maple Banana Cream Dessert Squares

## Ingredients

### Crust:

18 whole graham crackers  
½ cup packed brown sugar  
1 teaspoon cinnamon  
1 cup (2 sticks) butter, melted

### Filling:

6–8 bananas, sliced and divided  
2 cups plain nonfat Greek yogurt  
2 cups low-fat milk  
2 small packages (3.4 ounces) instant vanilla pudding

### Topping:

½ cup dark pure maple syrup  
1 small carton (16 ounces) heavy cream  
½ cup powdered sugar

## Preparation

1. In a small heavy saucepan over medium or medium-low heat, bring the maple syrup to a boil. Cook until reduced by half, then remove from heat. In the bowl of a standup mixer, add the syrup and about half of the heavy cream and whisk until combined. Whisk in the rest of the cream. Cover and place in refrigerator to chill for about two hours.
2. In the meantime, heat oven to 325 degrees. Using a food processor, crush the graham crackers into coarse crumbs. Transfer to a medium-sized bowl and combine with the brown sugar, cinnamon and melted butter until the entire mixture is moist. Pour the mixture into a 9x13 baking dish. Using your fingers, a rubber spatula or both, press the mixture evenly into the bottom of the dish and up the sides. Place the dish in the oven and bake for about 10 minutes or until it starts to brown. Let it cool completely.
3. Arrange about half of the bananas slices along the bottom of the graham cracker crust, enough to cover the whole area.
4. In a large mixing bowl, whisk together the yogurt and milk until smooth. Whisk in the vanilla pudding packets until mixture is smooth and starts to thicken. Pour the pudding mixture evenly over the banana layer.
5. Arrange the rest of the banana slices over the pudding layer. Use more bananas to cover the whole area, if needed.
6. In a standup mixer, start whisking the heavy cream mixture on low, gradually stirring in the powdered sugar until combined. Increase the speed to medium and continue whisking until firm peaks form.

7. Using a cake decorating bag or press with a wide tip, frost the top banana layer with the whipped cream. (You can also just dollop the topping on with a spoon.)

*Yields about 18 servings*

## **Notes**

- Leftovers can be kept refrigerated for 1–2 days, but the bananas will soften and brown.