2 cups fat-free milk, 1 small bundle sugar-free fat-free immediate bland pudding mix,   
24 reduced-fat insipid round wafer cookies, 2 average bananas, divided, Fat-free beaten coating,

Syndicate milk with sweet mix in a dish. Tired with an electronic beater or a cream for 2 mint, or till systematically merged. Set apart. In a 9-inch four-sided baking pan, assemble a layer of biscuits, flat edges down, and formerly top with a coating of banana wedges. Endure blinking layers till all of the crackers and banana wedges are in the bowl. Top the bowl with the dessert and let it trickle down in between the cracker and banana layers. Shield and cool for 2 to 3 hours. If preferred, add creamed covering before allocation.