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FOR IMMEDIATE RELEASE

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November is National Banana Pudding Lovers Month!

Chesapeake, VA - Even though November is designated as National Banana Pudding Lovers Month, Rodgers' Banana Pudding Sauce website at www.rodgersbananapudding.com offers consumers year-round access to information which includes recipes, coloring pages for kids, videos and games. Each recipe featured on the site not only gives consumers a quick and easy way to make a banana pudding dessert for the family and/or individual, but also displays a picture of each finished dessert.

Think you can't eat it without feeling guilty. Wrong! Even though banana pudding is a dessert, it also has nutritional value. Bananas, one of the main ingredients is rich in Vitamin C and potassium and contains other essential minerals such as phosphorus, iron, calcium, and magnesium.

Milk, another main ingredient is filled with nutrients such as calcium, vitamins, minerals, and proteins. Therefore, milk is an important part of a healthy diet. So- why not indulge yourself without feeling guilty? Re-live your childhood memories of eating banana pudding with your family. Re-create those memories with your family. If you don't have these memories, you can always start today. Eaten warm or cold, banana pudding is always yum...yum good. Remember – it's all about the pudding.

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