



Banana Pudding in a Bag

Servings 4 | Prep time 10 mins. | Total time 10 mins.

Equipment:

Large zip-close plastic bag

Utensils:

Measuring cups

Ingredients

1/2 cup granola

3 medium bananas

1/2 cup unsweetened applesauce

1/2 cup vanilla low-fat yogurt

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Peel bananas and use your fingers to break them up into the bag. Add applesauce and yogurt and close the bag, pressing out any extra air before sealing.
3. Use your fingers to mash the ingredients together until well blended.
4. Chill the pudding in the bag in the refrigerator for at least 30 minutes.
5. When ready to serve, spoon the pudding into 4 bowls and top with granola.

Nutritional Information:

Calories 160

Total Fat 1g

Sodium 45mg

Total Carbs 38g

Protein 3g