



Banana Pudding in a Bag

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

Equipment: Measuring cups, Large zip-close bag

Utensils: Spoon

Ingredients

1/2 cup low-fat granola

3 medium bananas

1/2 cup applesauce, unsweetened

1/2 cup non-fat vanilla 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

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