



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
2 medium ripe bananas
1/2 cup applesauce, unsweetened
1/2 cup nonfat 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 bag.
3. Measure and add applesauce and yogurt to the bag.
4. Close the bag again, pressing out any extra air before sealing.
5. Use your fingers to squish and mash the ingredients together until they are well blended.
6. Chill the pudding in a sealed bag inside the refrigerator until ready to serve.
7. Spoon into bowl and top with granola.

Nutritional Information:

Calories 160
Total Fat 1g
Sodium 45mg
Total Carbs 38g
Protein 3g