

Eat Smart • Move More

Banana Pudding in a Bag

Prep Time: 5 minutes

Total Time: 5 minutes



Ingredients

- 1 banana, peeled
- 6 tablespoons unsweetened applesauce
- 2 tablespoons low-fat vanilla yogurt
- ¼ cup granola

Nutrition Facts

4 servings per container
Serving size 1 serving (67.66g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes g of Added Sugars

Protein 2g

Vitamin D 0mcg **0%**

Calcium 21mg **0%**

Iron 0mg **2%**

Potassium 180mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ 1 graham cracker sheet, crumbled, can be used in place of the granola.
- ▶ This is a fun treat that the kids will enjoy making!
- ▶ If using granola, lightly crush it before adding it to the bag.

Directions

- Place all ingredients in a resealable bag and squeeze out the air.
- Use your hands to mash all ingredients together in the bag.
- Cut the corner of the bag and squeeze pudding into the serving bowls.

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(Recipe adapted from: <https://cookingmatters.org>.)

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