

Eat Smart • Move More

Pudín de Banana en una Bolsa

Tiempo de Preparación: 5 minutos

Tiempo Total: 5 minutos



Ingredientes

- 1 banana, pelada
- 6 cucharadas de puré de manzana, sin azúcar
- 2 cucharadas de yogurt de vainilla, reducido en grasa
- ¼ taza de granola

Nutrition Facts

4 servings per container		
Serving size		1 serving
		(67.66g)
Amount per serving		80
Calories		
		% 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.

Consejos Rápidos

- ▶ En vez de granola, puede utilizar una galleta graham, desmenuzada en trozos.
- ▶ ¡Los niños disfrutarán hacerlo!
- ▶ Si utiliza granola, despedácela ligeramente antes de agregarla a la bolsa.

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Preparación

- Colocar todos los ingredientes en una bolsa con cierre hermético y extraer el aire.
- Utilizar sus manos para pisar todos los ingredientes en la bolsa.
- Cortar una esquina de la bolsa y colocar el pudín en los recipientes para servir.

(Receta adaptada de: <https://cookingmatters.org>.)

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