

Banana Pudding

in a Bag

- This recipe is a healthy, quick and simple version of a traditional southern dessert.
- Try adding dried fruits or other fresh fruit that is easy to mash, like blueberries, raisins or dried cranberries and nuts.
- This snack does not require cooking or knives so kids can easily make this without supervision.
- Great way to use ripe bananas and whole grain cereal.
- This recipe includes fruit and grains food groups, adding healthy fiber to a child's diet.

| Nutrition Facts | |
|--|---------------------|
| 1 servings per container | |
| Serving size | 1 bag (157g) |
| Amount per serving | |
| Calories | 140 |
| % Daily Value* | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 25mg | 1% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 3g | 11% |
| Total Sugars 21g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 40mg | 4% |
| Iron 2mg | 10% |
| Potassium 78mg | 2% |
| <small>*The % Daily Value 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.</small> | |

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Servings: 4 or 1

Prep Time: 5 minutes



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Ingredients:

4 servings:

- 1/2 cup yogurt, non-fat vanilla, Greek or regular
- 1/2 cup applesauce, unsweetened
- 1/2 cup crunchy cereal (low sugar/high fiber like Grape Nuts, granola, Cheerios)
- 3 ripe bananas

1 serving:

- 2 Tablespoons yogurt, non-fat vanilla
- 2 Tablespoons applesauce, unsweetened
- 2 Tablespoons crunchy cereal
- 3/4 ripe banana

Directions:

1. In a large (or small) zip-top plastic bag (or bowl), **add** cereal or granola, **squeeze** air out of bag and **close**.
2. Lightly **crush** with a rolling pin, can, or bottom of measuring cup.
3. **Peel** bananas and **add** to the bag of granola, **mash** them inside the bag with your hands.
4. **Add** applesauce and yogurt to banana mixture in bag.
5. Use fingers to **squish** and **mash** all ingredients together until well mixed.
6. **Chill** in refrigerator until ready to serve or **eat immediately**.

Recipe Credit:

Cooking Matters