

Banana Pudding in a Cup

Serves 4

INGREDIENTS

- 1/2 cup low-fat granola
- 2 medium ripe bananas
- 1/2 cup unsweetened applesauce
- 1/2 cup nonfat vanilla yogurt



DIRECTIONS

1. Peel bananas and use your fingers to break them up into a bowl.
2. Measure and add applesauce and yogurt to the bowl.
3. Use a fork to squish and mash the ingredients together until they are well blended.
4. Cover the bowl and chill inside the refrigerator until ready to serve.
5. Spoon into a cup and top with granola.

NUTRITION INFORMATION PER SERVING

Calories: 111, Total Fat: 1.5g, Saturated Fat: 1g, Cholesterol: 5mg, Sodium: 156mg, Carbohydrate 18g, Fiber: 2g, Total Sugar: 11g, Protein: 8g

SOURCE <https://celebrateyourplate.org/recipes/banana-pudding-in-a-bag>
