

# Banana Pudding

## INGREDIENTS

- 3 medium bananas
- 1/2 cup unsweetened applesauce
- 1/2 cup vanilla low-fat yogurt
- 1/2 cup granola or graham crackers

TIME: 10 MINUTES  
SERVINGS: 5



Adapted from: [celebrateyourplate.org](http://celebrateyourplate.org)



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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## PROCEDURE

1. Peel bananas and place in a bowl. Use a fork to mash the bananas to a smooth consistency.
2. Add applesauce and yogurt and mix until well combined.
3. Chill the pudding in the refrigerator for at least 30 minutes.
4. When ready to serve, spoon the pudding into 4 bowls and top with granola or crushed graham crackers.

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