

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



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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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