



# Crunchy Banana Yogurt



1-800-WIC-1007

## Ingredients

- ½ cup low-fat granola
- 3 medium bananas
- ½ cup unsweetened applesauce
- ½ cup nonfat plain yogurt

## Directions

1. In a large zip-top plastic bag, add granola. Squeeze any air out of the bag and seal. Lightly crush granola using a can or the bottom of a measuring cup.
2. Peel bananas. Use your fingers to break them up into the bag of crushed granola.
3. Add applesauce and yogurt to banana mixture in bag.
4. Press out any extra air before sealing the bag again.
5. Use your fingers to squish and mash ingredients together until well blended.
6. Serve right away or can be kept in the refrigerator for 3-5 days.

*Serves: 4 • Serving Size: ½ cup • Total Time: 5 minutes*

This institution is an equal opportunity provider.

## Chef Tips

1. Try different types of WIC cereal or oats instead of granola
2. Prepare this in individual snack bags for a daycare or school breakfast or snack

## Supplies

- Measuring cups
- Large zip-top plastic bag



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*Nutrition Facts Per Serving: 170 Calories, 2 g Fat, 38 g Carbohydrate, 4 g Protein, 64 mg Sodium*