

## Peanut Butter & Banana Pudding

Makes 2 servings

1 banana, peeled and cut into pieces  
1/2 cup plain, nonfat yogurt  
1/4 cup peanut butter, creamy or crunchy



1. Combine all ingredients in a blender or food processor until smooth.
2. Pour into serving dishes and chill.

Nutrition Information for one serving (Serving Size—1/2 of recipe):  
Calories 275; Total Fat 16g; Cholesterol 1 mg; Sodium 195 mg; Total Carbohydrate 24g; Protein 12g.



## Kid Friendly Healthy Snacking

### Plan Ahead

To make a pudding pop, mix the peanut butter & banana pudding as directed. Pour one serving of the pudding in a paper cup, place a popsicle stick in pudding and freeze for 2 hours or more. To serve the pudding pop, run warm water on the outside of the paper cup until the pudding pop comes loose. Take it out and serve as a quick nutritious snack.



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