

# Banana Pudding in a Bag

Age: Preschool-age (3-4 years), Toddlers (18-36 months), Explorer (8 - 18 months)

This activity helps your child's development in this domain: Physical, Language and Literacy, Cognitive

## What You Need:



- 3 large bananas
- $\frac{1}{2}$  cup applesauce, unsweetened
- $\frac{1}{2}$  cup non-fat vanilla yogurt

## What To Do:

1. Have your child add granola into a large zip-top plastic bag. Together, crush the granola into small pieces using a rolling pin or a canned good.
2. Together, peel the bananas, break them into small pieces, and add them to the bag of crushed granola.
3. Have your child mix the applesauce and yogurt together in a small bowl and then pour the mixture into the bag.
4. Together, squish the bag to blend the ingredients together. Talk about how the mixture has changed and have her predict what it will taste like.



Learning to Grow

University of Hawai'i Center on the Family (CTAHR)

[www.learningtogrowhawaii.org](http://www.learningtogrowhawaii.org)

*Learning to Grow*  
MAKING A DIFFERENCE TOGETHER

5. Seal tightly and refrigerate. Serve by cutting a corner off the bottom of the chilled bag and squeezing the mixture into a serving dish or cup.

*Adapted from: Cooking Matters*

