

COOKING WITH KIDS

BANANA WALDORF

- **3 bananas, peeled and sliced**
- **1 apple, cored and sliced with peel on**
- **4 cups nonfat, vanilla yogurt**
- **1 pinch ground cinnamon**
- **2 tablespoons walnuts, chopped**

- 1.** In a large bowl, mix all ingredients together.
- 2.** Place in single serving dishes and chill until ready to serve, up to 1 hour.

Number of servings: 8

Nutrition Facts per serving: 170 calories, 1.5 g total fat, 0 g saturated fat, 5 mg cholesterol, 90 mg sodium, 33 g carbohydrate, 2 g dietary fiber, 7 g protein.

Source: What's Cooking? USDA Mixing Bowl

