

Chocolate Banana Smash Pudding

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1 packet [HMR[®] 70 Plus Chocolate](#)
1 banana, cut into bite-sized pieces

Calories: 210
Fruit Servings: 1

1. Empty packet of HMR 70 Plus into a small bowl or mug.
2. Add water and mix with a spoon until smooth.
3. Gently fold in fruit.
4. Optional: For a thicker, colder pudding, refrigerate for 10 minutes after mixing.