



Bananas



Why eat bananas:

- Good source of potassium which helps manage blood pressure and vitamin C to help your body fight infection.
- Pair with protein-rich foods for a powerful snack.

How to store and when to throw out:

- When green, store at room temperature.
- To ripen fast, store in a brown bag.
- To stop ripening, store in the refrigerator. The banana peel will turn dark brown, but the banana will be preserved.
- Brown spots on bananas just mean sweeter bananas.
- Only throw out if too mushy.

Learn how to use over-ripe bananas on the back!

Freezing bananas:

Frozen bananas are great to use in baked goods, oatmeal, pancakes, etc. Don't throw out your bananas with a few brown spots. Freeze them!

- Peel the bananas.
- Lay on a cookie sheet.
- Place in the freezer.
- Once frozen, place bananas in a freezer bag or container and keep for up to 6 months.

Banana Bread

Makes 1 Loaf, about 10 servings

- 2 ripe bananas
- 1/2 cup unsalted butter, melted
- 2/3 cup sugar
- 2 eggs
- 2 teaspoons vanilla
- 1/2 cup plain Greek yogurt
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups whole wheat flour

* Optional: 1/2 cup mini chocolate chips

Directions:

1. Preheat oven to 350°F. Lightly grease a 9x5-inch loaf pan with non-stick cooking spray; set aside.
2. In a medium bowl, mash the bananas with a fork until slightly lumpy.
3. Add in the yogurt, baking soda, and salt. Stir until blended.
4. In a large bowl, stir together the butter and sugar.
5. Mix in the eggs and vanilla and stir until smooth.
6. Add the banana and yogurt mixture to the large bowl and stir.
7. Add the flour and stir just until combined. Don't over stir.
8. Pour batter into the prepared pan and bake 50-60 minutes, or until a toothpick inserted in the center comes out clean.
9. Let cool and enjoy

* Store bread covered tightly with plastic wrap in the loaf pan or in an airtight container in the refrigerator.

Nutrition Facts	
Serving Size 1 medium 7" to 7-7/8" long 118g (118 g)	
Amount Per Serving	
Calories 105	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	
Vitamin A 2%	Vitamin C 17%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Uses for Ripe or Over-Ripe Bananas

FRESH

- **Banana pancakes:**

Mash or slice 1-2 ripe bananas and stir into your favorite pancake mix. Cook and enjoy!

- **Banana crumble treat:**

Peel a banana and cut in half. Roll in crumbled graham crackers or cookies. Enjoy!

- **In baked goods to cut back on fat:**

To cut back on fat, you can use mashed banana to replace 1/2 of the butter or oil in the recipe. Shorten the baking time by ten minutes to avoid over cooking.

FROZEN

- **Banana Ice Cream:**

Blend 1 frozen banana, 2 tablespoons milk or milk alternative, 1 tablespoon peanut butter (optional), 2 tablespoon cocoa powder. It will be thick and may need a little extra milk to allow the blender to work. Play around with different flavors or fun toppings!

- **Oatmeal:**

In a microwavable bowl, place 1/2 frozen banana, 1/2 cup rolled oats, a sprinkle of cinnamon, 1 tablespoon raisins (optional), 1/2 cup milk, and 1/4 cup water (add more liquid if you like thinner oatmeal). Microwave on high for 2 minutes. Stir well. Top with nuts, coconut, or berries and ENJOY!

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

