



# Bananas



## Why eat bananas:

- Good source of potassium which helps manage blood pressure and vitamin C to help your body fight infection.
- One medium banana only has 14 grams carbohydrate and is a good source of fiber.

## How to store:

- 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.
- Only throw out if too mushy.
- Brown spots on bananas just mean sweeter bananas.

**There are plenty of ways to use over-ripe bananas. Read below!**

## How to Use 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 banana and cut in half. Roll in crumbled graham crackers or cookies. Enjoy!
- **Replace fat in baked goods:** To cut back on fat, you can use mashed banana to replace 1/2 of the butter or oil in the recipe. Take off ten minutes of the baking time 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 a thinner oatmeal). Microwave on high for 2 minutes. Stir well. Top with nuts, coconut, or berries and ENJOY!

## Freezing them:

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 freezer.
- Once frozen, place bananas in a freezer bag or container and keep for up to 6 months.

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.