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

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