



Bananas

3 Prep and cooking tips

- Combine overly ripened, brown bananas with oats, eggs, honey, cinnamon, vanilla, and baking soda to make a delicious banana bread
- For a quick, sweet snack, add banana slices to a peanut butter sandwich or tortilla wrap.
- Peel overly ripe bananas and freeze to use in smoothies. Frozen bananas add sweetness and a creamy texture to any smoothie.

2 Shopping and storage

- Store bananas in an area with good circulation at room temperature.
- To speed up the ripening process, put bananas in a paper bag overnight. To slow down the ripening process, put bananas in the refrigerator.

1 Nutrition Fact:

- Bananas are a good source of potassium which helps muscles contract, and lower blood pressure by easing tension in our blood vessels.

Go!

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