



A cooking and nutrition Fact Sheet

August 2010

Bananas

BUYING & STORING

- Choose bananas according to the peel color and ripeness desired. Select bananas that are bright yellow for salads or immediate eating.
- Use fully ripe bananas, with speckles on the peel for baking, smoothies or recipes that specify mashed bananas.
- Remove bananas from plastic produce bag and store at room temperature. The warmer it is, the faster the bananas will ripen.
- To slow ripening, refrigerate (peel will turn black but the fruit inside will be fresh and ripe).
- If bananas are too green, place them in a brown paper bag in a warm dry area (but not in direct sunlight) for a day or two to help ripen. If there is still not enough yellow appearing on the peel, place a ripe apple in the bag with the bananas.
- Bananas can be frozen once the banana is peeled and stored in a freezer bag until read to use. Add a small amount of lemon juice to reduce browning.

Nutrition Facts

A medium banana has about 110 calories. Bananas are excellent sources of vitamin B6 and good sources of potassium, fiber and vitamin C - nutrients that help promote heart health.

Banana Waldorf

Yield: 4 servings

- 3 bananas, peeled and sliced
- 1 apple (with peel), cored and sliced
- 2 teaspoons lemon juice
- 4 cups vanilla yogurt
- 1 pinch cinnamon
- 2 Tablespoons ground walnuts

1. Mix bananas and apples with lemon juice in large bowl.
2. Add other ingredients and mix well.
3. Chill in refrigerator until ready to eat.

Banana Bread Sticks

- ¼ cup brown sugar
- ½ cup oil
- 2 eggs
- 1 cup mashed banana
- 1¾ cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda

1. Preheat oven to 350°F. Lightly grease a loaf pan.
2. Combine all ingredients and stir until smooth. Pour into loaf pan. Bake for 1 hour.
3. Cool. Remove from pan and cut into sticks.
4. Spread sticks on cookie sheet. Bake at 150°F for 1 hour or until sticks are hard and crunchy.
5. Store in a tightly covered container.

Easy Fruit Salad

Yield: 4 servings • Serving: 1 cup

- 2 apples, cut into chunks
- 1- 8 ounce can pineapple chunks and juice
- 2 bananas, sliced
- ½ cup grapes, cut in half (optional)

1. In a large bowl, combine apple, pineapple and juice.
2. Add bananas and grapes. Stir well. Serve immediately.

★**Tip:** You may add any fresh or canned fruits on hand.

Tropical Smoothie

Yield: 2 servings

- 1 ripe banana
- ½ cup orange juice or milk
- 1 cup low fat vanilla yogurt
- 2 cups pineapple

1. Place all ingredients in a blender.
2. Secure lid; blend until smooth. Serve immediately.

★**Tip:** Using frozen fruit will make smoothie thick.

More Delicious Ideas

- Add thinly sliced bananas to pancake batter.
- Serve sliced banana with peanut butter on English muffin, hot dog bun or bread.
- Add chopped banana to yogurt or cereal.
- Add chopped bananas and walnuts to oatmeal.
- Add chopped bananas to pudding.
- Add to smoothies or blender drinks.

Banana Bread

- 3 medium-sized bananas, mashed
- ½ cup vegetable oil or shortening
- 1 cup sugar
- 2 eggs
- 2 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup chopped nuts (optional)

1. Preheat oven to 350°F. Grease and flour one large loaf pan.
2. Mix shortening/oil and sugar until creamy. Add eggs and beat well. Stir in mashed bananas.
3. Add flour, baking soda, salt and nuts. Stir only until smooth. Pour into prepared loaf pan.
4. Bake for 50 to 60 minutes or until toothpick inserted in the middle comes out clean.

★**Tip:** Banana Muffins - Pour into greased muffin tins. Bake at 400°F for 15 to 20 minutes.

Cold Monkeys

Bananas, cut into bite size pieces
Flavored yogurt or peanut butter
Cereal

1. Spear banana with toothpick, dip in fruit flavored yogurt or spread with peanut butter.
2. Roll in cereal and freeze until hard.

Contact Us

Visit www.msuextension.org/nep
for more information.