



Banana

Create Better Health Guide to Eating Fresh Fruits and Vegetables

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Utah Local Fresh Season: Bananas are available year round at the grocery store. They are grown in humid tropical climates such as those of Costa Rica and Ecuador.

Availability: Bananas are not grown in Utah but are widely available year round in stores. They are an inexpensive fruit that tastes great as a quick healthy snack.

Eating: Bananas are sweet and come in their own wrappers. Bananas are great sliced on top of a bowl of cereal or some yogurt, topped with a little peanut butter or even just peeled and eaten plain!

Selecting: For best quality select bananas that are evenly colored, are slightly green at the tips, and are free of bruises and soft brown spots.

Cleaning and Preparing: Since bananas come with a thick peel they just need to be rinsed and then peeled just before eating. Bananas brown quickly once opened so be sure to open and cut close to serving time.

Storing: Bananas ripen quickly at room temperature and can be stored in the refrigerator after they are ripe to extend the life a few more days. The outside will turn brown in the fridge, but the fruit will still be fresh and delicious. Be careful not to refrigerate bananas before they are ripe as they will not ripen properly.

Cooking: Bananas can be used in cooking to make different meals, snacks, and desserts such as banana bread, pancakes, muffins, and fruit parfaits.

Nutrition Highlight: Bananas are a good source of potassium, vitamins B6, C, A and fiber.

Growing Bananas: Bananas grow on trees in tropical climates. Banana plants look much like small trees but in reality are not actual trees, just large plants.

Preserving Bananas: Bananas can be easily frozen. Peel the banana and freeze in a freezer bag whole or sliced. Frozen bananas taste great in a smoothie or eaten with a dab of peanut butter.

References:

1. <https://fruitsandveggies.org/fruits-and-veggies/banana/>
2. www.produceoasis.com
3. University of Nebraska Extension, Nutrition Education Program, Banana Fact Sheet

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Crunchy Banana Muffins

1 cup whole wheat flour
¾ cup dry oatmeal (old-fashioned or quick oats will work)
¼ teaspoon baking soda
2½ teaspoons baking powder
¼ teaspoon salt
½ cup 1% milk
1 egg
1 tablespoon oil
2 tablespoons honey
2 ripe bananas, mashed

Pre-heat oven to 400° F. Spray muffin tin with non-stick cooking spray. Mix all ingredients together in a medium mixing bowl. Fill muffin tins ¾ full. Bake for 18-20 minutes.

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Banana Coleslaw

2 ripe bananas
½ cup orange juice
4 cups shredded cabbage*
6 tablespoons low fat vanilla yogurt
¼ cup reduced fat mayonnaise

Slice bananas and put in medium bowl. Pour orange juice over bananas (this helps to prevent them from turning brown). Mix cabbage, yogurt, and mayonnaise together in large bowl. Drain orange juice from bananas and gently stir them into cabbage mixture. Serve immediately. Yield: 4-6 servings.

*To speed up preparation time, buy pre-shredded cabbage.
This is a slightly sweet dish that even young children enjoy!