

Let's Talk Bananas

NCC Health & Wellness

Selection: Look for firm, unbruised fruit which may be in different stages of ripening from green (best for cooking) to yellow to brown/black (best for baking).

Store: Bananas will ripen quickly at room temperature. You can also use a paper bag. Ripe bananas can be stored in the refrigerator for up to two weeks, although the skin will turn brown.

Bananas can also be frozen after being peeled. Lemon juice will slow the browning process of peeled bananas.

Nutrition: Naturally low in calories and a good source of potassium and magnesium.

Five Easy Ways to Prepare:

(see recipes below for more details)

- 1.) Peel and eat
- 2.) Slice into plain yogurt and eat
- 3.) Eat with cheese and crackers
- 4.) Slice with frozen fruit to make an easy fruit salad
- 5.) Thin slice onto peanut butter sandwiches.

You can eat the peel of the banana in baked goods. Be sure to wash well and better to choose organic if eating it.



Food Safety Tips

- 1.) **Clean:** Make sure you use hot, soapy water to clean your hands, utensils and all items that touch food prior to starting. Wash fruits and veggies before prep, but not meat, poultry or eggs!
- 2.) **Chill:** Keep cold foods cold. Refrigerate cut produce ASAP and store between 32 to 40 degrees F. Frozen foods should be keep below 32 degrees F.
- 3.) **Separate:** Keep raw meat, poultry and seafood away from ready to eat foods. Watch those cutting boards!
- 4.) **Cook:** Be sure to check internal cooking temperatures of food.

For more tips go to: www.foodsafety.gov

Super Easy Smoothie

Serves 2

1 ripe banana, sliced

½ c orange juice or milk of choice

½ tsp vanilla flavoring (optional)

2 c frozen fruit

- 1.) Pour liquid into blender first, then other ingredients.
- 2.) Blend until smooth

You can also experiment with frozen vegetables, like kale or spinach, for an easy way to get in more vegetables.

Fruit salad

Serves 4

- 1 med banana, peeled, sliced
- 1 apple, cored and diced
- 1 small can (tuna can sized) chunk pineapple (+1 tsp of juice from can)
- 4 c plain yogurt
- 1 pinch cinnamon (optional)
- 2 T walnuts or pecans, chopped
- 1 tsp shredded coconut (optional)
 - 1.) Mix bananas with apples and pineapple in a bowl.
 - 2.) Add other ingredients, mix well in a large bowl. Chill for 30+ minutes
 - 3.) Serve.

Minimum recommended daily amount of cups of fruits and vegetables

		age in years				
		1-3	4-8	9-13	13-18	18+
male	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	3c	3.5c
female	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	2.5c	3c

Fruits: Whole fruits are better than juice.

1 cup of fruits equals:

- 1 cup raw or cooked fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice

Vegetables: Eat a rainbow of colors, including dark green, red and orange. Fresh, frozen and canned are all ok!

1 cup of vegetables equals:

- 1 cup raw or cooked vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice

For more information:

www.choosemyplate.gov

Banana in a blanket

Serves 2

- 2 - 10" tortilla (whole wheat, flour or corn)
- 1 med banana, peeled, halved length wise
- 2 T smooth peanut butter
- 2 T instant oats (or premade granola)
 - 1.) Coat halves in peanut butter.
 - 2.) Sprinkle oats over banana
 - 3.) Place each half of the banana at edge of separate tortilla wraps, roll up and serve.

Easy Ice Cream

Serves 4-6

- 3 bananas (very ripe), peel, sliced
- 3 T milk (2%, soy, almond, etc)
- ½ tsp salt
- ½ tsp vanilla
- 1 T maple syrup, honey or chocolate syrup
 - 1.) Place bananas, salt and vanilla in bag. Shake to coat bananas and freeze.
 - 2.) Place 1 T of milk and sweetener into bottom of food processor or blender. Add frozen banana mixture. Pulse until bananas begin to break up.
 - 3.) Using a spatula, scrape banana down the sides of container. Slowly add milk until it resembles soft serve ice cream. Serve.

Feel good, be active!

Adults: Aim for 30 min of exercise most days.
Children: Aim for 60 min of exercise everyday.

