

10 Quick Recipes & Facts About Bananas!



1. Enjoy them over-ripe! Bananas that are a soft or brown still have nutrition & are perfect to use in smoothies, breads, pancakes, waffles, muffins & more – check out some recipes below.

2. The perfect smoothie ingredient: Banana's creamy texture & sweet taste are perfect for smoothies. Blend 1 frozen banana (may be over-ripe), 1 cup low-fat milk, 2 handfuls greens (try spinach or Swiss chard) & couple ice cubes & a sprinkle of cinnamon.

3. Good for the heart: Bananas provide vitamin B6, fiber & potassium, all of which have been shown to play a role in cardiovascular health.

4. Sports drink replacement: The nutrients & portability of bananas make them a great, replenishing & all natural workout snack.

5. Banana ice cream: Cut banana (may be over-ripe) into large chunks, place in a single layer on a cookie sheet & freeze until solid. Place banana in a food processor & blend, adding milk to reach desired creaminess. Top with nuts, berries, semisweet chocolate chips &/or shredded coconut.

6. Banana spread: Mash bananas (may be over-ripe) with a fork & use as a filling between slices of French toast, in a peanut butter sandwich or spread on toast & topped with berries.

7. Fabulous fiber: Bananas are a good source of fiber & their fiber content includes pectin, which has a beneficial impact on our blood sugar & digestion.

8. Fat substitute in baking: Use mashed banana (may be over-ripe) in place of butter or oil in your baked foods recipes.

9. Diced & sliced: Diced or sliced bananas can be added to oatmeal, yogurt, cereal, granola & salads.

10. Storing bananas: Store bananas at room temperature with good air circulation.

See other side for another recipe & complete banana nutrition facts... 

Banana Corn Fritters *(From EatingWell.com)*

Ingredients

- 3/4 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground cinnamon

- 1/4-1/2 tsp cayenne pepper
- 1 1/4 cups roughly mashed bananas, (about 3 medium)
- 1 large egg
- 2 TBS milk (or buttermilk)
- 2 TBS cooking oil, divided

Directions

- Preheat oven to 400° & coat baking sheet with cooking spray.
- Whisk cornmeal, flour, baking powder, salt, cinnamon & cayenne in a bowl. Mix banana, egg & milk in another bowl. Add the cornmeal mixture to the banana mixture & stir until just incorporated.
- Heat 1 TBS oil in large nonstick skillet over medium-high heat. Reduce heat to medium; using 2 TBS of batter for each, space 5 fritters evenly in the pan. Cook until golden brown, 30 secs.-2 mins. per side. Transfer to baking sheet. Cook second batch with the remaining oil & batter, adjusting heat to prevent burning.
- Transfer fritters to oven; bake until puffed & firm to touch, 8-10 mins.

Banana Nutrition

Nutritional data & images courtesy of NutritionData.com

1 cup, sliced

Nutrition Facts

Serving Size 1 cup, sliced 150g (150 g)

Amount Per Serving

Calories 133 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 34g 11%

Dietary Fiber 4g 16%

Sugars 18g

Protein 2g

Vitamin A 2% • Vitamin C 2%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com

