

HARVEST OF THE MONTH:

Banana



SIX REASONS FOR EATING BANANAS

1. Helps with anemia.

Bananas are relatively high in iron, which helps the body's hemoglobin function.

2. Can regulate blood pressure.

Bananas are extremely high in potassium yet very low in sodium which is the perfect ratio for preventing high blood pressure.

3. Reduce heartburn.

A natural antacid effect exists within bananas so try eating one for soothing relief of heartburn.

4. Help smokers kick the habit.

They contain Vitamins B6 and B12 in addition to potassium and magnesium; these substances help the body recover from nicotine withdrawal symptoms.

5. Soothe mosquito bites.

Rubbing the inside of a banana peel on a mosquito bite is effective in reducing itching and swelling.

6. Provide stress relief.

They are high in potassium which helps normalize the heart beat and regulate the body's water balance.

Nutrition Facts

Serving Size 1 medium (7" to 7-7/8" long)
(118 g)

Amount Per Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrates 30g 10%

Dietary Fiber 3g 10%

Protein 1g 2%

Vitamin A 2% • Vitamin C 20%

Calcium 0% • Iron 2%

Zinc 0% • Thiamin 4%

Riboflavin 8% • Niacin 4%

Vitamin B-6 35% • Folate 6%

Vitamin B-12 0% • Phosphorus 2%

Magnesium 10% •

* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

PRODUCE TIPS

1. It's best to purchase bananas that are 75% yellow with a little bit of green on both ends.
2. They should be plump, firm, and brightly colored.
3. There isn't any quality difference between large and small bananas.
4. They should be kept at room temperature but will turn black when overripe.
5. To prevent banana slices from turning dark, brush with lime, lemon or orange juice.

**THE BANANA PLANT IS NOT A TREE;
IT'S ACTUALLY THE
WORLD'S LARGEST HERB!**

Banana Recipes

BANANA BREAD

INGREDIENTS

- 1 C. butter
- 2 C. brown sugar
- 6 ripe bananas mashed
- 3 eggs
- 2 ½ C. sifted flour
- 1 tsp. salt
- 2 tsp. baking soda

DIRECTIONS

Cream butter and sugar thoroughly. Add bananas and eggs. Sift dry ingredients and blend in creamed mixture. Do not over-mix. Pour into greased loaf pans. Bake at 350 degrees for 40-50 minutes.

SUNFLOWER SEEDS BANANA POPS

DIRECTIONS

Insert a popsicle stick into the cut end of a banana. Dip banana in milk, and then roll the fruit in sunflower seeds. Gently press the seeds so that they adhere to the banana. Place bananas on a cookie sheet. Freeze for 3 hours or until frozen solid.

PEACHY PEACH BANANA SMOOTHIE

INGREDIENTS

- 2 frozen bananas, peeled and chopped
- 1 large peach peeled and sliced
- ¾ C. Greek vanilla yogurt
- 1 dash nutmeg (optional)

DIRECTIONS

Place all ingredients in a blender and puree until smooth. Sprinkle with nutmeg. Serve immediately.

BANANA PRUNE FRUIT SALAD

DIRECTIONS

Combine 2 sliced-up bananas and 1 cup dried prunes in a serving bowl. Gently fold in 1 cup non-fat yogurt. Serve at once.

SOFT SERVE BANANA ICE CREAM

DIRECTIONS

Place 4 frozen bananas in the bowl of a food processor. Pulse several times to break into smaller pieces, then turn on and run for about five minutes, stopping occasionally to scrape down the sides of the bowl. The bananas will start to resemble soft serve in a few minutes. Transfer to a bowl and place in freezer for about 15 minutes, if you'd like, or serve immediately.

HUMMINGBIRD CAKE

INGREDIENTS

- 3 C. flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 3 eggs
- 2 cups banana (small chunks)
- 1 8oz. can crushed pineapple
- 1 C. fine chopped nuts
- 2 C. sugar
- 1 tsp. salt
- 1 ½ cups vegetable oil

DIRECTIONS

Directions: Mix all the cake ingredients together. Pour into a greased 9x13 inch pan. Bake at 350° F for 30-40 minutes. Top with low fat Cool Whip or powdered sugar.