BANANA



PREPARATION



- Peel skin and enjoy bananas fresh.
- If using for baking, peel bananas and mash in a bowl with the back of a fork.

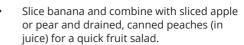


- Slice bananas on toast or cereal and add a sprinkle of cinnamon.
- Serve sliced banana with low fat yoghurt for dessert.



- Store bananas in a cool, dry area for 3-4 days.
- If bananas start to brown, peel them, chop them into small pieces and freeze for smoothies, cakes, ice-cream etc.
- Bananas can also be frozen whole.

VEGE UP



- Combine sliced banana with kumara and other vegetables for a tasty salad, served warm or cold.
- They are great as a sandwich filling with peanut butter, or put them in school lunches.

COOKING



- Overripe bananas are great for cakes, muffins and banana bread. lust freeze and use when ready to bake.
- Bananas are great in smoothies.
- Blend frozen bananas with other frozen fruit, nuts or cocoa to make a healthy icecream.



