

# 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.

## ADD FLAVOUR

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

## STORAGE

- 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

- Slice banana and combine with sliced apple or pear and drained, canned peaches (in juice) for a quick fruit salad.
- 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. Just 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 ice-cream.