

Fruit & Vege Co-op



Bananas

STORAGE	PREPARATION
Store bananas in a cool, dry area for 3-4 days.	<ul style="list-style-type: none">- 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	VEGE UP
<ul style="list-style-type: none">- Slice bananas on toast or cereal and add a sprinkle of cinnamon.- Blend frozen, peeled bananas with a sprinkle of cocoa and other fruits for a tasty alternative to ice cream.- Serve sliced banana with low fat yoghurt for dessert.	<ul style="list-style-type: none">- Slice banana and combine with sliced apple or pear and drained, canned peaches 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 marmite, or put them in school lunches.
COOKING	
Freeze overripe bananas to keep for use in cake and muffin recipes.	
RECIPE: Banana Muffins (Makes 24)	Source: Kai Lelei – Recipes for Large Families
<p>2 cups standard flour 1 Tbsp baking powder 1 tsp baking soda 1 cup bran 1 cup reduced fat milk 3 cups mashed banana (can use frozen, peeled bananas) ½ cup brown sugar 3 eggs ½ cup canola oil</p> <ol style="list-style-type: none">1. Preheat oven to 200°C. Lightly oil muffin trays with non stick spray or brush with oil.2. Sift together the flour, baking powder and baking soda into a mixing bowl.3. Stir in brown sugar and bran.4. In a separate bowl beat the eggs, then add oil, milk, bananas and mix well.5. Pour the batter into the flour mixture and stir together until just mixed – do not beat.6. Place spoonfuls into muffin cups and bake for 10-12 minutes.	<div style="border: 1px solid red; padding: 10px;"><p>DID YOU KNOW Bananas are high in fibre, making them good for your digestive health!</p></div>
Variations <ul style="list-style-type: none">- Add walnuts or raisins to the mixture.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op