

Bananas

Key Points

- For the best buy, choose bananas that are yellow or have green tips.
- To prepare bananas, rinse, peel and eat fresh, cooked or dried.
- To store fresh bananas, keep at room temperature for 5 days.
- Bananas contain potassium, which is good for a healthy heart.



Quick Tips

- Add banana slices to hot or cold cereals.
- Slice thick and add to a fruit kabob or salad.
- Dip bananas in orange, lemon, or pineapple juice to prevent them from turning brown.
- Remember to rinse all fruits and vegetables before using.

Banana Pancakes

Ingredients:

- 2 bananas, peeled
- 1 egg
- 3/4 cup low fat milk*
- 1 tablespoon vegetable oil
- 1 cup pancake mix
- 1/2 cup raisins (optional)
- 1/2 teaspoon cinnamon (optional)

Directions:

1. Mash bananas in a bowl. Stir in egg, milk and oil.
2. In another bowl, combine pancake mix, raisins, and cinnamon.
3. Add pancake mix to banana mixture. Stir until moist.
4. Lightly grease a frying pan. Heat frying pan over medium high heat.
5. Pour 1/4 cup batter onto frying pan.
6. When bubbles appear on the surface, flip the pancakes and brown the other side.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

Makes 6 servings.

Fruity Banana Smoothie

Ingredients:

- 1 banana, peeled
- 1 cup vanilla yogurt
- 2 cups sliced peaches
- 2 cups frozen strawberries
- 1 cup nonfat dry milk powder (optional)

Directions:

1. Mix all ingredients in a blender.
2. Blend until smooth.
3. Serve and enjoy!
4. Refrigerate leftovers.

Note: This smoothie can also be made by hand. Use fresh strawberries instead of frozen. Mash all of the ingredients together. Stir with a spoon until well blended. Serve and enjoy!

Makes 4 servings.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label — What does it tell us?

Recipe Name:
Banana Pancakes

Recipe Name:
Fruity Banana Smoothie

| Nutrition Facts | | | |
|--|-----------------------------|---------|---------|
| Serving Size (118g) Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 180 | Calories from Fat 35 | | |
| % Daily Value* | | | |
| Total Fat 4g | 6% | | |
| Saturated Fat 0.5g | 3% | | |
| Trans Fat 0g | | | |
| Cholesterol 40mg | 13% | | |
| Sodium 270mg | 11% | | |
| Total Carbohydrate 33g | 11% | | |
| Dietary Fiber 2g | 8% | | |
| Sugars 8g | | | |
| Protein 5g | | | |
| Vitamin A 2% | • Vitamin C 6% | | |
| Calcium 10% | • Iron 6% | | |
| *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

| Nutrition Facts | | | |
|--|-----------------------------|---------|---------|
| Serving Size (252g) Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 180 | Calories from Fat 10 | | |
| % Daily Value* | | | |
| Total Fat 1g | 2% | | |
| Saturated Fat 0.5g | 3% | | |
| Trans Fat 0g | | | |
| Cholesterol 5mg | 2% | | |
| Sodium 430mg | 18% | | |
| Total Carbohydrate 34g | 11% | | |
| Dietary Fiber 4g | 16% | | |
| Sugars 25g | | | |
| Protein 10g | | | |
| Vitamin A 8% | • Vitamin C 60% | | |
| Calcium 15% | • Iron 4% | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at www.jsyfruitveggies.org for more great recipes!