

# Bananas



## Selecting

All bananas in a bunch will ripen at the same time. So, if you want them to last for a while, separate individual bananas from several bunches at different stages of ripeness. The greener ones will take some time before they are at peak ripeness – about 1 to 3 days. The bright yellow ones are ready to eat immediately. Choose a banana that's plump and evenly coloured.

## Storing

Unripe bananas should always be stored at room temperature, away from heat or direct sunlight. To speed up the ripening process, place bananas with an apple in a brown paper bag and leave at room temperature.

Ripe bananas can be stored in the fridge, the skins will turn dark but the fruit is fine. They will be good for about 3 days when refrigerated this way.

You can freeze bananas for a taste sensation kids will love. Just peel, place on a wooden skewer, wrap in plastic and place in the freezer. They are ready to serve when completely or partially frozen.

Overripe bananas can also be frozen for later use in baking. Simply peel, wrap in plastic and place in the freezer. They will keep for about 6 months this way.

## Eating

The most popular way to enjoy a banana is to eat it raw, right out of the peel. But this fruit is so versatile there are many other ways to enjoy its goodness. Bananas are great additions to fun and delicious foods you can prepare such as smoothies, breads, muffins, puddings, cakes and pancakes. And they make great toppings for breakfast cereals and peanut butter sandwiches.

## Seasonality

You'll find bananas all year round in your grocery store.

## Nutrition

A medium banana contains 118 calories, has trace amount of fat and almost no sodium. Bananas are high in potassium and vitamin B6 and are a source of fibre and vitamin C. A diet rich in potassium is important to help control your blood pressure.



Feel like baking? Try this delicious **Banana Yogurt Loaf**.

[www.halfyourplate.ca/recipe/banana-yogurt-loaf/](http://www.halfyourplate.ca/recipe/banana-yogurt-loaf/)

