

Taste Test: Banana



Bananas are long cylinder-shaped fruits with a bright yellow, thick, inedible peel on the outside and a white creamy flesh on the inside. Bananas grow year-round on trees in bunches called *hands*, which consist of 10-25 bananas in tropical regions like Costa Rica, Mexico, Ecuador, and Brazil. Bananas are a very sweet fruit and are eaten almost daily by many North Americans.

Food Fact

Bananas are high in potassium and vitamin B₆, and are a source of vitamin C, magnesium and fibre¹

How to Choose:

- ☐ Bananas ripen after they are picked off the tree.
 - Green bananas are not ripe.
 - Yellow bananas are perfectly ripe.
 - Yellow bananas with brown speckles indicate the banana is sweet and tender.
- ☐ Base your banana colour choice on how soon you want to eat them.

How to Prepare:

- ☐ Pull the banana peel down, and enjoy.
- ☐ To prevent browning, coat the surface with lemon juice.
- ☐ Use overripe bananas in baking.

How to Store:

- ☐ On the counter at room temperature.
- ☐ To ripen bananas faster, place them in a paper bag or wrap them in newspaper.
- ☐ To slow the ripening process, place bananas in the fridge.

Note:

Canada's food guide recommendations:

- ☐ Include vegetables and fruit in all meals and snacks.
- ☐ Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try apples again?

☐ YES ☐ NO

Ideas for Serving Bananas:

- Add bananas to a smoothie recipe.
- Add bananas to cold cereal or oatmeal for a sweet and creamy addition.
- Make a peanut butter and banana sandwich on whole grain bread with a drizzle of honey.

Banana Muffins

Makes 12 muffins

Ingredients:

- | | |
|--|---|
| <input type="checkbox"/> 1 ¾ cup whole wheat flour | <input type="checkbox"/> ¼ cup canola oil |
| <input type="checkbox"/> 2 tsp baking powder | <input type="checkbox"/> 2 eggs |
| <input type="checkbox"/> 2 cups mashed ripe banana | <input type="checkbox"/> ½ cup packed brown sugar |
| <input type="checkbox"/> 1 tsp baking soda | <input type="checkbox"/> 2 tsp vanilla |
| <input type="checkbox"/> ½ cup low fat yogurt | <input type="checkbox"/> ¼ cup mini chocolate chips |



Directions:

1. Preheat the oven to 400°F.
2. In a large bowl, whisk together both flours, baking powder and salt; set aside.
3. In another bowl, stir together bananas and baking soda; set aside.
4. In a third bowl, whisk together yogurt, oil, eggs, sugar and vanilla until combined. Stir into banana mixture. Pour over the flour mixture and stir until just moistened.
5. Using a large ice cream scoop, scoop batter into 6 paper lined or greased muffin cups.
6. Stir chocolate chips into remaining batter and scoop into the last 6 muffin cups.
7. Bake for about 20 minutes or until muffins spring back when lightly touched.

Recipe adapted from <https://www.cookspiration.com/recipe.aspx?perma=065D7F4E475&g=3>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹Government of Canada. *Nutrient Value of Some Foods*

<https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/nutrient-data/nutrient-value-some-common-foods-2008.html> Accessed July 20, 2012.

²EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx . Accessed July 20, 2012.