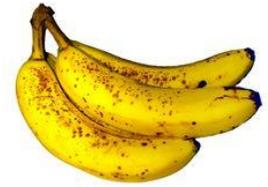


Healthy Ways to Eat Overripe Bananas



Freeze whole, sliced or mashed to use in smoothies and baking

1. Sweeten whole-grain cereal, oatmeal, pancakes & waffles with sliced bananas
2. Mash and use instead of jelly on a peanut butter sandwich.
3. Make Banana Peanut Butter Oatmeal

Ingredients:

1 ripe banana, mashed	½ teaspoon cinnamon
½ cup quick oats	2 tablespoons peanut butter
½ cup nonfat or low-fat milk	

Directions:

1. Mash a ripe banana into a microwave safe bowl and top the banana with the oats, milk, and cinnamon.
2. Microwave on high for 2 to 3 minutes, stopping once halfway through to stir.
3. Swirl in peanut butter & get creative with toppings: blueberries, more banana, cranberries, raisins!

4. Make Banana Oat Muffins

Ingredients:

1 cup oats (rolled or quick)	¼ teaspoon cinnamon
¾ cup all-purpose flour	1 cup mashed banana (about 2 large or 3 small)
¾ cup whole wheat flour (or more all-purpose)	¾ cup low-fat or nonfat milk (or buttermilk)
½ cup sugar	1 egg
2 teaspoons baking powder	¼ cup oil
¾ teaspoon baking soda	½ teaspoon vanilla extract
Pinch of salt	¼ cup raisins or cranberries (optional)

Directions:

1. Preheat oven to 400°F. Grease a 12-cup muffin pan.
2. In a large bowl, whisk together oats, flours, sugar, baking powder, baking soda, salt and cinnamon.
3. In another bowl, whisk together banana, milk, egg, oil and vanilla.
4. Mix the wet ingredients into the dry ingredient until just combined. Add raisins if using. Spread evenly into the 12 muffin cups.
5. Bake for 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

5. Make Banana Pancakes

Ingredients:

1 cup oats	2 teaspoons baking powder
1 cup nonfat or low-fat milk	Pinch of salt
1/3 cup flour (whole wheat if you have it)	1 large ripe banana, mashed
	1 teaspoon cinnamon

Directions:

1. Put all the items into a large bowl and mix together very well. If you have a blender, you can use that.
2. Spray or drizzle oil in a non-stick pan. Heat on a low-medium heat.
3. Pour in a small amount of the batter. The pancakes should be small and thick
4. Pop a lid on and let the pancake cook gently. When the side facing you starts to bubble, the other side is done. Time to flip! Once flipped, let the other side cook too. Have a peek at the underside using the spatula after a minute or so. When it's nice and brown it's ready. Repeat. Top with all your favorite fruits!

6. Make a Banana-Fruit Smoothie. Try with frozen strawberries or canned peaches! Serves 2.

Ingredients:

2 cups fresh, frozen or canned fruit	1 cup nonfat or low-fat milk
1 banana, peeled	1 cup ice

Directions:

1. Add all ingredients to a blender, and pulse until combined. Serve immediately.

7. Make Peanut Butter Oat Cookies*

Ingredients:

1 ripe banana	½ teaspoon vanilla extract
½ stick (4 Tablespoons) unsalted butter	½ cup all-purpose flour
1/3 cup granulated sugar	½ cup whole wheat flour
½ cup peanut butter	½ teaspoon baking soda
1/3 cup light brown sugar, packed	2/3 cup oats
1 large egg	½ cup raisins (optional)

Directions:

1. Preheat oven to 375 °F. Mash banana with a fork. Cut butter in half and place in a microwave-safe bowl. Heat 10-15 seconds to soften, but do not melt butter.
2. In a large bowl, whisk together butter, banana and sugar. Add peanut butter and brown sugar. Mix until completely combined. Add egg and vanilla. Mix until smooth.
3. Add flours and baking soda. Mix until smooth. Gently stir in oats and raisins (if using).
4. Shape dough into 1-inch balls. Place dough balls onto an ungreased baking sheet. Flatten each ball using a fork to make a criss-cross pattern on the cookies.
5. Bake until cooked are lightly browned on the bottom, about 8-10 minutes. Let cool for 5 minutes before removing cookies from tray.

8. Make Banana Bread

Ingredients:

6 tablespoons unsweetened applesauce	½ teaspoon ground cinnamon
¼ cup sugar or honey	¾ cup all-purpose flour
2 eggs	¾ cup whole wheat flour (or all-purpose)
3 large ripe bananas, mashed (about 1 1/2 cups)	Pinch of salt
¼ cup low fat milk	½ cup raisins or cranberries (optional)
1 teaspoon baking soda	½ cup chopped walnuts (optional)
1 teaspoon vanilla extract	

Directions:

1. Heat oven to 325 °F. Grease an 8x4-inch loaf pan or an 8x8-inch baking pan.
2. In a large bowl, combine the applesauce and sugar. Add the eggs and beat well. Stir in the mashed bananas and milk. Add the baking soda, vanilla extract and cinnamon and stir.
3. Gradually fold the flour, dried fruit and nuts into the banana mixture until just combined (do not overmix).
4. Pour the batter into the prepared pan and bake until a toothpick inserted into the center of the loaf comes out clean, 40-60 minutes. Cover the top with foil if it begins to brown too quickly. Cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

9. Make Peanut Butter and Banana Pockets*

Ingredients:

3 ripe bananas, peeled and sliced	¼ teaspoon ground cinnamon
3 tablespoons creamy peanut butter	3 (8 inch) whole wheat tortillas
1 ½ teaspoons honey	non stick cooking spray

Directions:

1. In a small bowl, stir together peanut butter, honey, and cinnamon.
2. Lay tortillas flat, spread about 1 tablespoon of the peanut butter mixture on one half of each tortilla
3. Arrange in a single layer of banana slices over the peanut butter mixture. Fold each tortilla in half.
4. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side or until golden brown.

10. Make Two-Ingredient Chocolate Ice cream

Ingredients:

2-3 bananas	2-3 Tablespoons cocoa powder
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Directions:

1. Slice bananas and freeze on a parchment covered baking sheet for at least 30 minutes.
2. Put the frozen sliced bananas and cocoa powder in a food processor or blender.
3. Blend until the mixture looks like soft serve ice cream (adding a dash of milk or water if needed).

