What’s Fresh:

Red Bananas

They’re naturally good!

- Contain more beta carotene and vitamin C than yellow bananas!
- Rich in potassium
- 1 red banana = 1 serving of fruit

Storage Tips:

- Store red bananas at room temperature until ripe.
- Red bananas are ripe when they have a deep red or maroon color and are slightly soft.

What are red bananas?

- Red bananas are a variety of banana that are slightly smaller with reddish-purplish skin. The flesh of the red banana may appear slightly pink.
- Red bananas taste similar to yellow bananas, but are slightly tarter & sweeter.
- Red bananas come from Costa Rica and are a favorite in Central America, Mexico and in some areas in Australia.

Red bananas are eaten the same way as yellow bananas!

- Peel them and eat them whole or chopped up for a quick snack.
- Add them to smoothies. In a blender, combine 1 red banana, 1/2 cup of fresh, frozen or canned fruit, 1/2 cup of milk or 100% juice, and a handful of ice.
- Add them to fruit salads.
- Slice them up and use them to sweeten cereal, oatmeal, waffles & pancakes.
- Slice or mash them and use instead of jelly on a peanut butter sandwich!
- Use them to make banana bread, banana muffins or banana pancakes!

See more recipes on the back
Peanut Butter and Banana Pockets

Recipe from Share Our Strength’s Cooking Matters

**Ingredients:**
- 3 ripe bananas, peeled and sliced
- 1 ½ teaspoons honey (optional)
- 3 (8 inch) whole wheat tortillas
- 3 tablespoons creamy peanut butter
- ¼ teaspoon ground cinnamon
- 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.
5. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side or until golden brown.

Banana Oat Muffins

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

Two-Ingredient Chocolate Ice cream

**Ingredients:**
- 2-3 bananas
- 2-3 Tablespoons cocoa powder

**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).