

# Bananas

## Benefits of bananas:

- 🍌 High in potassium
- 🍌 High in Vitamin B6
- 🍌 High in antioxidants to prevent heart disease and some cancers.

## When are they in season?

- 🍌 Harvest all year round.

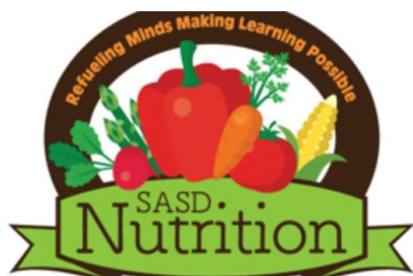
## Food Safety for bananas

**Cut** out damaged or bruised areas.

**Store** bananas leaving them attached and out of the plastic bag.

**Separate** bananas from meat. Use different cutting boards for meats and fruits.

Did you know... Bananas are the most consumed fruit in the world.



Resource:

Bjarnadottir, A. (2018, October 18). 11 evidence-based health benefits of bananas. Retrieved January 7, 2021, from [https://www.healthline.com/nutrition/11-proven-benefits-of-bananas?scrybrkr#TOC\\_TITLE\\_HDR\\_7](https://www.healthline.com/nutrition/11-proven-benefits-of-bananas?scrybrkr#TOC_TITLE_HDR_7)  
FAO.org. (n.d.). Retrieved January 07, 2021, from <http://www.fao.org/world-banana-forum/projects/bohesi/en/?scrybrkr>  
10-Minute Banana Oatmeal Pancakes. (2020, July 01). Retrieved January 07, 2021, from <https://hh-hm.com/banana-oatmeal-pancakes/>  
Pictures: Creative Commons

## Banana Oatmeal Pancakes:

Serves 5.

### Ingredients

- 1 banana
- 1 egg
- 1/2 cup oats
- 1 tablespoon yogurt
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla (optional)
- 1 teaspoon coconut oil

### Directions

1. Place the egg, banana, oats, yogurt, cinnamon, and vanilla in a food processor. Blend until smooth.
2. Cover a non-stick pan with coconut oil or butter.
3. Pour pancake batter in the pan- forming small pancakes.
4. When the edges look ready, flip and cook the other side until golden brown.
5. Serve.



### Other Ideas:

- 🍌 Banana bread
- 🍌 Peanut butter banana smoothie
- 🍌 Peanut butter banana sandwich