You Can Cook!  

Bananas

Gather ripe bananas.

Peel bananas. Throw away peel.

Slice the banana into coins.

If available, add parchment paper or plastic wrap to a cookie sheet. Put banana coins in a single layer on sheet.

Freeze for at least 2 hours. Move frozen banana coins to a freezer bag. Seal bag and keep in the freezer.

Thaw and mash for recipes like banana bread or oatmeal or use frozen in smoothies.

FOR RECIPES, VISIT https://go.Illinois.edu/EatMoveSave

This institution is an equal opportunity provider.
This material funded by USDA’s Supplemental Nutrition Assistance Program - SNAP.
University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
5 Ways to Eat Bananas

Banana Wheat Quick Bread

Skillet Fruit

Banana Oatmeal

French Toast Delight

Melon Berry Banana Fruit Salad

For recipes, visit https://go.Illinois.edu/EatMoveSave

This institution is an equal opportunity provider. This material funded by USDA’s Supplemental Nutrition Assistance Program - SNAP.

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.