

You Can Cook!

Bananas

FOR RECIPES, VISIT

<https://go.Illinois.edu/EatMoveSave>



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.

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5 Ways to Eat | Bananas

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<https://go.Illinois.edu/EatMoveSave>

EAT.
MOVE.
SAVE.



Banana Wheat Quick Bread



Skillet Fruit



Banana Oatmeal



French Toast Delight



Melon Berry Banana
Fruit Salad