

## Bananas over Bananas

There is no doubt that bananas are one of the top power foods. Vitamin C acts as a strong antioxidant, vitamin B6 strengthens your immune system, and its low glycemic rating (52), will not harm your blood sugar levels.



Serving: 1 medium banana 105 Calories		
Nutrient	Amount	DV (%)
Vitamin B6	0.43 mg	21.5
Vitamin C	10.27 mg	17.1
Manganese	0.32 mg	16.0
Fiber	3.07 g	12.3
Potassium	422.44 mg	12.1

### Health Benefits

#### Cardiovascular Benefits

Bananas are one of our best sources of **potassium**, an essential mineral for maintaining normal blood pressure and heart function. Since the average banana contains a 467 mg of potassium and only 1 mg of sodium, a banana a day may help to prevent high blood pressure and protect against atherosclerosis.

Eating high **fiber** foods, such as bananas, helps prevent heart disease. In a study from the *Archives of Internal Medicine*, participants eating the most fiber, 21 grams per day, had 12% less coronary heart disease and 11% less cardiovascular disease compared to those eating the least, 5 grams daily.

#### Protection against Stomach Ulcers

Bananas have long been recognized for their **antacid effects** that protect against stomach ulcers and ulcer damage. How? First, substances in bananas help activate the cells that form the stomach lining producing a thicker barrier against stomach acids. Second, other compounds in bananas help eliminate bacteria that are a primary cause of stomach ulcers.

### Add it to Your Diet

Bananas have a total fat content of only 0.7g (0.3g of saturated fat and 60.8mg of Omega 3 fatty acids) making it an excellent low-fat and high fiber snack to eat.

- **Have a snack.** Eat it on toast with peanut butter or with yogurt and granola.
- **High energy breakfast.** Eat it with oatmeal and almonds, or make a Green Monster smoothie with bananas, orange juice, spinach, yogurt, and ice.
- **Replace oil with fully ripened bananas.** For muffins, loaves, dense cakes, and breads, use  $\frac{3}{4}$  cup mashed banana for the required amount of oil (2 mashed bananas = 1 cup).

#### Fun Fact!

For the most antioxidants, eat **fully ripened** bananas.

## Low Fat Banana Bread



### Ingredients

2 eggs  
1/3 cup white sugar  
3 very ripe bananas, mashed  
1/4 cup applesauce  
1/3 cup nonfat milk  
2 tbsp vegetable oil  
1 tsp vanilla extract  
1 cup whole wheat flour  
3/4 cup all-purpose flour  
2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp cinnamon  
1/2 tsp salt  
1/3 cup chopped walnuts or chocolate chips (optional)

### Instructions

1. Preheat oven to 325 degrees F (165 degrees C). Spray two medium loaf pans with non-stick cooking spray, and lightly dust with flour.
2. In a large bowl, beat eggs and sugar until light and fluffy, about 5 minutes. Beat in bananas, applesauce, milk, oil and vanilla.
3. In a separate bowl, sift together flours, baking powder, baking soda and salt. Stir flour mixture into banana mixture, mixing just until blended. Fold in walnuts or chocolate chips. Pour batter into prepared pan.
4. Bake in preheated pan until golden and a toothpick inserted into center of the loaf comes out clean, about 40 – 50 min. Turn bread out onto a wire rack and let cool.

Nutritional Information (per serving)			
<b>Calories</b>	<b>178</b>	<b>Potassium</b>	<b>132 g</b>
<b>Protein</b>	<b>3.9 g</b>	<b>Cholesterol</b>	<b>35 mg</b>
<b>Carbohydrate</b>	<b>31.2 g</b>	<b>Sodium</b>	<b>225 mg</b>
<b>Total Fat</b>	<b>4.3 g</b>	<b>Fibre</b>	<b>3 g</b>
<b>Saturated Fat</b>	<b>0.7 g</b>	<b>Makes 12 servings</b>	

Resource: <http://allrecipes.com/>