

## Go Bonkers for Bananas!

Wonderfully sweet with firm & creamy flesh, bananas are wildly popular with adults and children. Great portability makes them a handy snack but there is so much more to love about this delicious fruit!



Bananas are, without a doubt, a POWER food! Vitamin C acts as a strong antioxidant, vitamin B6 strengthens your immune system, and its low glycemic index (52) will not harm your blood sugar levels. They are an excellent low fat, high fibre snack!

### Cardiovascular Benefits

Bananas are one of our best sources of **potassium**, an essential mineral for maintaining normal blood pressure and heart function. A banana a day may help to prevent high blood pressure and protect against atherosclerosis.

In addition to potassium, bananas are high in **fibre**. Increased fibre intake has been shown to help prevent heart disease!

### Protection against Stomach Ulcers

Bananas have antacid effects that protect against ulcer damage. First, substances in bananas help activate the cells that form the stomach lining producing a thick barrier against stomach acids. Second, other compounds in bananas help eliminate bacteria that are a primary cause of stomach ulcers.

### Nutrition Facts

Bananas

Amount Per 1 medium (7" to 7-7/8" long) (118 g) ▼

Calories 105

	% Daily Value*		
<b>Total fat</b> 0.4 g	0%		
Saturated fat 0.1 g	0%		
Polyunsaturated fat 0.1 g			
Monounsaturated fat 0 g			
<b>Cholesterol</b> 0 mg	0%		
<b>Sodium</b> 1 mg	0%		
<b>Potassium</b> 422 mg	12%		
<b>Total Carbohydrate</b> 27 g	9%		
Dietary fiber 3.1 g	12%		
Sugar 14 g			
<b>Protein</b> 1.3 g	2%		
Vitamin A	1%	Vitamin C	17%
Calcium	0%	Iron	1%
Vitamin B-6	20%	Vitamin B-12	0%
Magnesium	8%		

### Did You Know...

- There are ancient Egyptian hieroglyphs that depict people with bananas?
- Bananas have been around as early back as 6<sup>th</sup> century BC?
- There is a museum in Auburn, Washington dedicated to bananas?
- You can use the inside of banana peels to polish patent leather shoes?
- The average American eats 27lbs of bananas per year?
- If you peel a banana from the bottom up, you won't have to deal with the stringy membrane?





## Cocoa-Banana Frozen Dessert

### Ingredients:

- 4 very ripe bananas
- 2 T pure unsweetened cocoa powder
- 1 t pure vanilla extract
- 2 T real maple syrup

Serves 6

### Nutrients Per Serving

Calories: 118.1  
Protein: 1.4 grams  
Fat: 0.7 grams  
Saturated Fat: 0.3 grams  
Monounsaturated Fat: 0.1 grams  
Polyunsaturated Fat: 0.1 grams  
Carbohydrate: 30.0 grams  
Fiber: 3.0 grams  
Cholesterol: 0.0 mg  
Vitamin A: 82.2 IU  
Vitamin E: 0.3 mg/IU  
Vitamin C: 9.2mg  
Calcium: 13.7 mg  
Magnesium: 39.4 mg

### Preparation:

1. Peel the bananas and place in blender or food processor along with cocoa powder.
2. Add vanilla extract and maple syrup.
3. Blend until very smooth. Pour into custard cups or small bowls and freeze until just frozen. Makes six servings.

## Island Kabobs with Tropical Fruit Salsa

### Ingredients

- 2 ripe, firm bananas, peeled, each cut into 6 pieces, plus 1 ripe banana, peeled and diced
- 12 chunks pineapple
- 16 extra large or jumbo shrimp, shelled and deveined
- 1 green or red bell pepper, cut into 8 pieces
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground allspice
- 1 mango, peeled and diced
- 1 tablespoon chopped cilantro or mint
- 1 green onion, minced
- 2 to 3 teaspoons minced jalapeno pepper



### Directions

1. Thread 12 banana pieces, pineapple, shrimp and bell pepper pieces onto skewers.
2. Whisk together lime juice, oil and allspice in small bowl. Brush 2 tablespoons over kabobs.
3. Combine remaining marinade with diced banana, mango, mint, green onion and jalapeno pepper place in a serving dish.
4. Grill kabobs over medium high heat 8 to 10 minutes, turning once or until the shrimp are opaque. Arrange the kabobs on top of the salsa.

### Nutrition Facts

**Per Serving:** 217 calories, 8 g fat (1g sat.), 43 mg cholesterol, 52 mg sodium, 34 g carbohydrate (5 g dietary fiber, 18 g sugars), 6 g protein, 25% Vit A, 68% Vit C, 2% calcium, 7% iron, 4% potassium, 3% folate

Sources: [www.chiquita.com](http://www.chiquita.com), [www.wikipedia.org](http://www.wikipedia.org), [www.drweil.com](http://www.drweil.com), [www.dole.com](http://www.dole.com)