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EAT WELL, AGE WELL.

April- Celebrating Bananas

Bananas are known for being rich in potassium which may protect against high blood pressure and other heart disease. They are the top-selling fruit in the US according to [freshproduce.com](https://www.freshproduce.com).

Bananas are a great way to add moisture, reduce fat and calories, and add sweetness and nutrients to recipes.

✿ You can replace egg in baked goods: $\frac{1}{4}$ cup mashed banana (about $\frac{1}{2}$ banana) = 1 egg

✿ Mashed bananas can also be substituted for up to half of the fat in baked goods. For example, if the recipe calls for half a cup of butter, instead add $\frac{1}{4}$ cup of mashed bananas and $\frac{1}{4}$ cup of butter. This will reduce the calories in the recipe by 407 and fat by 42 grams!!!

April is also [Arab American Heritage Month](https://arabamericanmuseum.org/chef-series/). Did you know that Bananas were brought from the east to the west by Arab conquerors when Alexander the Great sent his armies to descend upon India in 327 BC? If you would like to try some Arab recipes check out <https://arabamericanmuseum.org/chef-series/>

Did you Know...

In 1907 the First Banana Split was made!

At his restaurant in Wilmington, Ohio, Ernest R. Hazard created this new ice cream treat which he hoped would attract college students to his shop.

You can slow ripening by storing bananas in a cool spot or they can be refrigerated for up to 2 weeks.

The skin may turn black but the flesh will be fine to eat.

You can freeze them too!



Banana Oatmeal Cookies

Ingredients

- 2 very ripe **bananas**
- 1 cup **oats** (quick-cooking or old-fashioned rolled)
- ½ teaspoon **cinnamon**
- ½ teaspoon **vanilla**
- ½ cup **raisins**

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a baking sheet.
3. In a medium bowl, mash bananas with a fork until mostly smooth.
4. Add oats, cinnamon, vanilla, and raisins. Mix well.
5. Drop the dough with a teaspoon onto the baking sheet. Flatten the dough with the back of a spoon or the bottom of a drinking glass.
6. Bake for 10 to 15 minutes. Remove from oven and let cool before serving.

Nutrition Facts	
7 servings per container	
Serving size	2 cookies (58g)
Amount per Serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 211mg	4%
Vitamin A 1mcg	0%
Vitamin C 3mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Notes

- The texture will be best when freshly made.
- Try dried cranberries or chopped nuts instead of raisins.

The recipe used with permission from Food Hero: <https://foodhero.org/recipes/banana-oatmeal-cookies>

Additional Recipes and Nutrition Information can be found at:

- <https://foodhero.org/recipes/high-protein-banana-split>
- <https://foodhero.org/bananas>
 - [2-page handout](#) on bananas with nutrition and storage facts plus recipes