



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

BANANA

AVAILABLE

All year.

STORE

In a fruit bowl or the fridge (slows ripening).

EAT

Raw or cooked.

PREPARE

1. Peel.
2. Slice or mash.

AVOID WASTE

Freeze overripe (black) bananas whole for use in baking or smoothies. Defrost in the microwave on Low for 40 seconds or thaw on the bench.

TASTY IDEAS

- Add chopped bananas to fruit salad, yogurt, ice cream or custard. Handy Hint: drizzle lemon juice over chopped banana to stop it going brown.
- Breakfast: Add to cereals. Sandwich between French toast for a weekend treat.
- Add to smoothies. Try a banana and honey smoothie.
- Bake with mashed bananas. Make banana bread, cake or muffins.