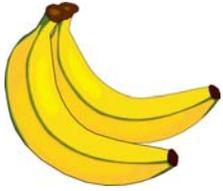




# BANANA: A FAVORITE FRUIT

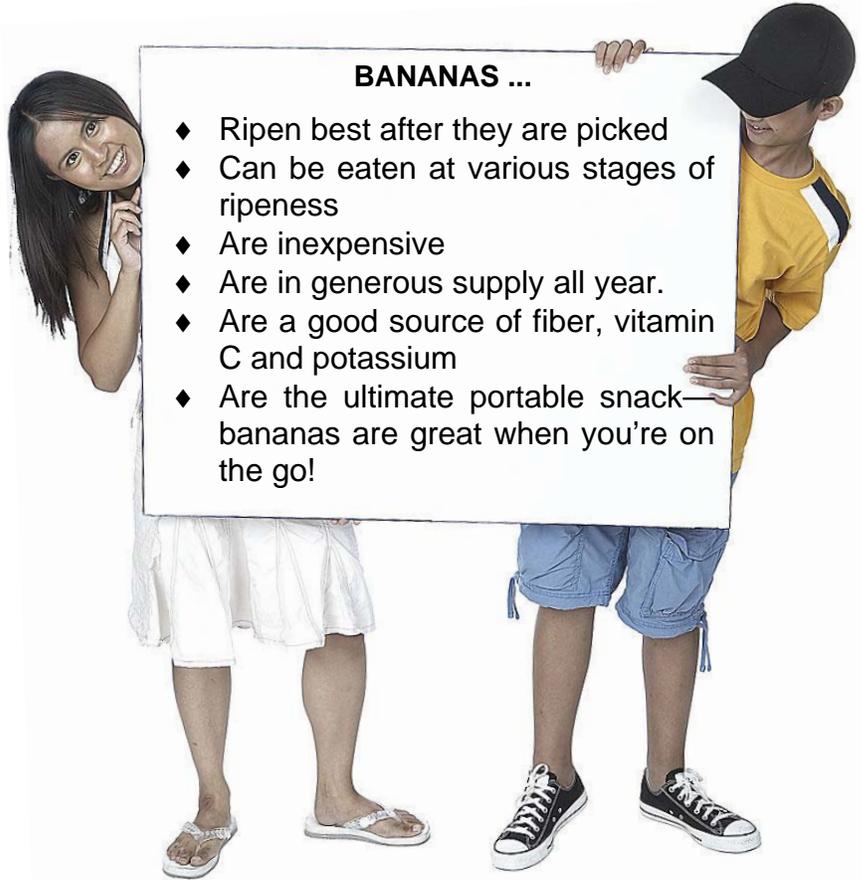


## BAKED BANANAS

Place a peeled banana in a baking dish. Bake at 375°F for 15 to 18 minutes or until hot and tender. Top with some vanilla yogurt and a sprinkle of cinnamon and enjoy!

## BANANAS ...

- ◆ Ripen best after they are picked
- ◆ Can be eaten at various stages of ripeness
- ◆ Are inexpensive
- ◆ Are in generous supply all year.
- ◆ Are a good source of fiber, vitamin C and potassium
- ◆ Are the ultimate portable snack—bananas are great when you're on the go!



## *Did You Know?*

- Though all tropical countries grow bananas, most of our bananas come from Ecuador, Costa Rica, the Philippines, and Colombia.
- Bananas are also grown in Iceland, in soil heated by geysers.
- The inside of a banana peel can substitute as a polishing rag for leather shoes; its slippery qualities clean and condition the shiny surface nicely.

## BANANA ON A STICK

Roll bananas in low fat granola and freeze on a stick for a cool snack.



## BLEND YOUR BANANA

Whirl bananas with one cup of yogurt or milk and 1/2 cup of your favorite berries or fruit juice for a thick, quick breakfast shake.

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