April 2012

Bananas: a convenient superfood!

*The perfect 100 calorie snack between meals!!*

- Bananas are an excellent source of fiber, potassium, magnesium, vitamin A, B6, and C.
- They transport easily and keep you full longer than processed, high sugar/salt snacks!
- They are versatile: you can include them in breakfast, snacktime, and dessert.

*Some fun and easy recipes with bananas include:*

*Chocolate banana shake*- blend together 1 packet of chocolate breakfast powder (like carnation instant breakfast), 1 cup 1% or skim milk, and 1/2 frozen banana.

*Crunchy PB & banana toast*- top one piece of toasted wheat bread with crunchy peanut butter and banana slices.

*Healthy Banana split*- Top one banana with 2 scoops low fat vanilla frozen yogurt, add strawberries, kiwis, blueberries, granola, nuts, anything you like to add some fun!