



TASTE OF THE

SEASON...



B A N A N A

Fun Facts

- Banana is America's #1 fruit.
- Bananas may well be the world's oldest fruit.
- Banana trees produce one large bunch of bananas that weighs about 50 pounds. Each bunch is made up of hands of about 12 fingers, or bananas, each.
- One banana has about 105 calories and no cholesterol.
- Bananas are high in vitamin B6, low in sodium, and a good source of potassium and fiber.
- Bananas are the basic food in many tropical countries.

Nutrition Facts

Serving Size 1 small 6" to 6-7/8" long 101g (101 g)	
Amount Per Serving	
Calories 90	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Sugars 12g	
Protein 1g	
Vitamin A	1% • Vitamin C 15%
Calcium	1% • Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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5 A Day
Eat a Variety of Colorful
Fruits and Vegetables
Every Day

Banana Bread Yield – 50 Servings

- 1 lb + 12 oz flour
- 1 lb + 1 oz sugar
- ¼ cup nonfat dry milk
- 1 tablespoon + 2 ¼ teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 4 large eggs
- 1 ¼ cup water
- 1 cup cooking oil
- 2 ¾ cups mashed bananas



1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt in mixer for 1 minute at low speed.
2. Combine eggs and water. Add oil and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.
3. Add mashed bananas. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. Do Not Over mix. Batter will be lumpy.
4. Pour 2 qt + 2 cups batter into steamtable pan which has been lightly coated with pan release spray.
5. Bake until browned; 350 degrees F. for 35-45 minutes in conventional oven or 300 degrees F. for 25-35 minutes in convection oven.
6. Cool. Cut each pan 5 X 10.

Storage Tips:

- Bananas don't ripen well in the plastic grocery bags. Remove bananas from the bag and let them ripen at room temperature. Be careful when handling bananas as they bruise easily.



Selecting Tips:

Look for bananas that are firm and have a bright color. If you want bananas to eat in a few days, buy fruit that is green.

A few quick serving ideas—

- ❖ Add a banana to a milkshake.
- ❖ Add sliced bananas to pudding.
- ❖ Dip in chocolate and freeze.
- ❖ Add to salsa for a sweet flavor.
- ❖ Add to other fresh fruit for a yummy salad.

When it comes to the term "tree ripened," bananas are the one exception. If bananas are left on the tree to ripen they will lose both texture and taste. They are always picked green so they can travel long distances easily. As they ripen during the ride, their sugar content increases from 2 percent to 20 percent.