

April Fruit – Bananas

Did You Know?

- Bananas are curved because they grow towards the sunlight.
- A banana bunch is called a hand!
- Bananas make for a great egg replacement in baked goods if you have an egg allergy: $\frac{1}{4}$ cup mashed banana (about $\frac{1}{2}$ banana) = 1 egg.
- Bananas are available year-round at low prices.
- Bananas come in many colors—yellow, purple, and red.
- Bananas are a great source of potassium, which helps our heart pump blood everywhere we need it.

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/bananas>



Banana Ice Cream

Ingredients:

4 ripe bananas

$\frac{1}{4}$ - $\frac{1}{2}$ cup milk (can use any milk)

OPTIONAL TOPPINGS

Chopped Nuts

Berries

Cinnamon

Peanut Butter

Chocolate Chips

Directions:

1. Cut the bananas into chunks and freeze them overnight
2. Once the bananas are frozen, add them to a food processor with milk and blend until smooth. This process may take a bit of time and patience, but soon the magic will happen, and it will turn into delicious and healthy ice cream!
3. Top with your favorite topping

<https://ymcadallas.org/blog/banana-ice-cream-healthy-and-delicious-treat>



Fun messages written on bananas in PSD Cafes!