



United States Department of Agriculture

MyPlate KITCHEN

Banana

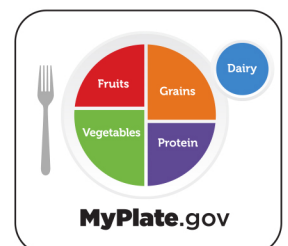


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Baked Bananas



Makes: 6 Servings

Preparation Time: 10 minutes

Cook Time: 30 minutes

Bananas make the perfect dessert when you add brown sugar and raisins!

Ingredients

- 6 bananas, sliced lengthwise
- 18 teaspoons packed brown sugar (6 Tablespoons)
- 4 tablespoons margarine or butter
- 1/2 cup raisins, or other dried chopped fruit
- 1/3 cup chopped pecans

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Lightly grease a 9x13-inch pan.
4. Arrange the split bananas in the pan.
5. Top evenly with brown sugar, small pieces of margarine, raisins and pecans.
6. Bake for 30 minutes.

Source:

Food Hero

Oregon State University Cooperative Extension Service

Nutrition Information

Nutrients	Amount
Total Calories	301
Total Fat	12 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	9 mg
Carbohydrates	51 g
Dietary Fiber	4 g
Total Sugars	35 g
Added Sugars included	13 g
Protein	2 g
Vitamin D	0 mcg
Calcium	28 mg
Iron	1 mg
Potassium	557 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 1 cups
Protein Foods 1/2 ounces



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Peanut Butter Bananas



Makes: 4 Servings

This treat can be made with your kids in the morning, then frozen for an afterschool snack.

Ingredients

- 2 bananas
- 1/4 cup peanut butter
- 1/4 cup crushed nuts

Directions

1. Peel bananas. Spread the entire outside of each banana with peanut butter.
2. Roll the bananas in crushed nuts, sprinkles or other items.
3. Cut the bananas in one inch slices.
4. Store in the refrigerator or freezer until ready to serve.

Source:

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

Serving Size: 1/2 banana, 1/4 of recipe

Nutrients	Amount
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Total Calories	201
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Total Fat	13 g
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Saturated Fat	2 g
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Cholesterol	0 mg
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Sodium	87 mg
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Carbohydrates	18 g
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Dietary Fiber	3 g
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Total Sugars	9 g
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Added Sugars included	1 g
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Protein	6 g
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Vitamin D	0 mcg
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Calcium	16 mg
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Iron	1 mg
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Potassium	395 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 1/2 cups

Protein Foods 1 1/2 ounces



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Banana Cocoa Yogurt Pops



Makes: 4 Servings

Take a bite out of these creamy frozen yogurt pops! Banana, cocoa and yogurt are the perfect combo for a frozen treat!

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 teaspoons cocoa powder
- 1 ice cube tray (or paper cups)

Directions

1. Mash banana with a fork.
2. Mix banana and yogurt well.
3. Stir in cocoa powder.
4. Divide into 4 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws).
5. Freeze.
6. Enjoy as a frozen treat!

Source:

USDA Center for Nutrition Policy and Promotion

Nutrition Information

Nutrients	Amount
Total Calories	79
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	41 mg
Carbohydrates	15 g
Dietary Fiber	1 g
Total Sugars	12 g
Added Sugars included	4 g
Protein	3 g
Vitamin D	0 mcg
Calcium	N/A
Iron	N/A
Potassium	N/A

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 1/4 cups

Dairy 1/4 cups



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Banana Oat Cookies



Makes: 25 Small Cookies

With whole-grains, fruit, and no added sugar, these cookies make a healthy and tasty treat.

Ingredients

- 1 cup banana, mashed (use overripe banana)
- 1 cup quick oats
- 1/2 cup yogurt, low-fat plain
- 1/4 cup water
- raisins (1/2 cup, optional)
- sunflower seeds (1/2 cup, optional)
- spices, optional

Directions

1. Wash hands, make sure utensils and counter top are clean.
2. Mash bananas, mix with yogurt and water.
3. Add quick (not instant) oats. Mix well.
4. Add optional add-ins if you wish. Keep them minimal.
5. Add spices, to taste (optional)
6. The batter should be thick and easily spoonable.
7. Grease a baking sheet. Place a tablespoon of dough on the sheet, thin out to a flat disk. Repeat with remaining dough. Refrigerate if any is remaining in bowl.
8. Bake at 350-375°F for 20 minutes. Flip and bake on other side 15 minutes to make crisper crust.

Source:

University of Minnesota Extension

Nutrition Information

Serving Size: 1 small cookie, 1/25 of recipe

Nutrients	Amount
Total Calories	23
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Carbohydrates	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	12 mg
Iron	0 mg
Potassium	57 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups



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Orange Banana Frosty



Makes: 2 servings

The perfect treat to end a hot summer day. Toss the ingredients in the blender and enjoy!

Ingredients

- 1 banana (frozen)
- 1/2 cup low-fat yogurt (plain)
- 1/2 cup orange juice (prepared)

Directions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Source:

University of Nebraska, Recipe Collection, p.5
Staff from the University of Nebraska-Lincoln Cooperative Extension

Nutrition Information

Serving Size: 1/2 Cup (179g)

Nutrients	Amount
Total Calories	119
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	44 mg
Carbohydrates	24 g
Dietary Fiber	2 g
Total Sugars	17 g
Added Sugars included	0 g
Protein	4 g
Vitamin D	0 mcg
Calcium	122
Iron	0
Potassium	479

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 3/4 cups

Dairy 1/4 cups



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Tropical Morning Treat



Makes: 4 servings

Enjoy this tasty fruit dish in the morning or as a snack anytime of the day.

Ingredients

- 1/4 cup orange juice
- 1 apple
- 1 orange
- 1 banana

Directions

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into 1/4 inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Source:

University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p.fv-21

Nutrition Information

Serving Size: 1/2 cup, 1/4 of recipe (114g)

Nutrients	Amount
Total Calories	67
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Carbohydrates	17 g
Dietary Fiber	2 g
Total Sugars	12 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	18 mg
Iron	0 mg
Potassium	233 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 3/4 cups



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Garden Pan Bread



Makes: 4 Servings

The bananas make this bread moist and add extra flavor. Serve with a salad or main dish, or eat anytime. *Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.*

Ingredients

- 1/2 cup cornmeal
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 ripe bananas, mashed
- 1/2 cup water
- 1 tablespoon egg mix (or 1 egg)
- 1/4 cup raisins
- 1/4 cup walnuts, chopped
- Nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-sized bowl, combine cornmeal, flour, baking powder, and salt. Set aside.
3. In a small bowl, combine bananas, water, and egg mix. Stir until mixed well.
4. Stir banana mixture into cornmeal mixture. Mix until dry ingredients are moistened. Gently stir in raisins and walnuts.
5. Lightly spray medium-size skillet or baking pan with nonstick cooking spray.
6. Spoon batter into skillet or baking pan.
7. Bake for 18-20 minutes or until bread is golden brown and pulls away from the edges. A wooden toothpick or clean fork inserted into the center of the bread should come out clean.
8. Cut into four equal slices and serve hot or cold.

Source:

A Harvest of Recipes with USDA Foods

Nutrition Information

Serving Size: 1 portion

Nutrients	Amount
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Total Calories	268
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Total Fat	7 g
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Saturated Fat	1 g
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Cholesterol	39 mg
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Sodium	261 mg
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Carbohydrates	48 g
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Dietary Fiber	4 g
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Total Sugars	13 g
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Added Sugars included	0 g
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Protein	7 g
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Vitamin D	6 mcg
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Calcium	90 mg
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Iron	2 mg
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Potassium	381 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 1/2 cups

Grains 2 ounces

Protein Foods 1/2 ounces



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Tropical Overnight Oatmeal



Makes: 2 Servings

Preparation Time: 5 minutes

Breakfast is a snap with a quick step the night before. Mix oats with yogurt and refrigerate overnight. Add bananas and pineapple chunks in the morning.

Ingredients

- 2/3 cup old fashion oats (uncooked)
- 2/3 cup non-fat milk
- 2/3 cup non-fat Greek yogurt
- 1/8 teaspoon ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana, sliced
- 2 tablespoons sliced almonds

Directions

1. Mix oats, milk, yogurt and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana, and almonds.

Source:

Produce for Better Health

Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
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Total Calories	338
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Total Fat	7 g
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Saturated Fat	1 g
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Cholesterol	3 mg
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Sodium	76 mg
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Carbohydrates	54 g
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Dietary Fiber	7 g
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Total Sugars	23 g
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Added Sugars included	0 g
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Protein	19 g
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Vitamin D	1 mcg
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Calcium	N/A
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Iron	N/A
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Potassium	N/A
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MyPlate Food Groups

Fruits	1 cup
Grains	1 ounce
Protein Foods	1/2 ounces
Dairy	3/4 cups



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