

Introducing Barry the Banana



GO BANANAS! Give me a try!

Hello everyone – I'm Barry the Banana. One of the most famous fruits in the world... a favourite of both humans and my monkey friends. I'm easily spotted with my bright yellow skin and my distinctive shape -I'm one of a kind! Over 100 billion bananas are eaten around the world every year can you believe it?

Availability

Bananas are available all year round. Wahoooo!

Did you know?

- The word banana comes from the Arabic word "banan", meaning finger
- The inside of a banana skin can be used to calm an itchy mosquito bite -many people find that rubbing the bite with the skin helps to reduce irritation
- The inside of a banana skin can be used to polish shoes!
- The scientific name for banana is 'musa sapientum' which translates as 'fruit of the wise man'

Why are bananas so good to eat?

We are a nutritional powerhouse! Bananas are loaded with valuable micronutrients, especially potassium. Potassium is one of the most important nutrients to regulate heart function as well as blood pressure. Bananas are soothing to the digestive tract due to their high content of pectin – a soluble fibre that helps to normalise bowel function. The high fibre content of bananas promotes a feeling of fullness.

How are bananas grown?

Bananas do not grow from a seed but from a bulb. It takes 9 to 12 months from sowing a banana bulb to harvesting the fruit. The banana flower appears in the sixth or seventh month. The banana plants thrive in tropical regions where the average temperature is 27° C and the yearly rainfall is between 78 and 98 inches. Most bananas exported are grown within 30 degrees either side of the equator. The plants need rich, dark and fertile soils with steady moisture in the air and ground and good drainage.

How to store bananas

To keep bananas fresh for as long as possible follow my TOP TIP:

Wrap each stem in plastic cling wrap! This will allow bananas to stay fresh for 3-4 days longer!

The science behind this? Bananas, like many fruits, naturally release gases that control ripening. Much of the gasses escape from the stems, or the crowns, so by wrapping the crowns, you are able to slow down the ripening process a bit.

Fun ways to prepare and eat bananas

Have as a snack on its own, as part of a fruit salad or as a topping for pancakes, cereal and toast or use it in a smoothie. Bananas can be used in lots of baking – low protein banana bread anyone?

Recipe

Banana Bread

Ingredients:

- 1½ cups Low Protein Bread Mix
- 3 Tbl oil
- 2 tsp Egg Replacer
- 2 tsp baking powder
- 1 tsp baking soda
- ½ cup sugar
- 4 Tbl water
- 1 tsp vanilla
- 1 cup mashed ripe bananas

Contact your dietitian for suggestions of suitable low protein products to use in the recipe.

Method:

1. Preheat oven to 350 degrees.
2. Mix all dry ingredients together, then add the remaining and mix with an electric mixer for 2 minutes.
3. Pour into sprayed 9 x 5-inch loaf pan.
4. Let sit 15-20 minutes before baking.
5. Bake 40 minutes until golden brown.

And voila – This is one of Penny's and Pauls favourite Low protein recipes – so enjoy!

Remember 1 banana/day is free however, if a second banana is eaten it must be counted as 1 exchange!

How many times did you try it? _____.

Did you earn your star? ★

