

# Banana Recipes



## Baked Bananas

### Ingredients:

- 4 firm bananas
- 2 medium lemons, grated rind and juice
- $\frac{1}{4}$  cup of brown sugar
- $\frac{1}{4}$  cup of melted butter

### Directions:

- Slice the bananas in half lengthwise.
- Place cut side of the bananas down in a buttered baking dish.
- Brush the bananas with lemon juice; then sprinkle with grated lemon rind and brown sugar.
- Top off the bananas with butter.
- Bake at 350°F (175°C) for about minutes.
- Serve as desired.



## Banana Boats

### Ingredients:

- 1 Banana
- Raisins
- Chocolate chips
- Mini marshmallows

### Directions:

- Partially peel the banana.
- Cut a wedge-shaped section in the side of the banana and remove wedge.
- In the space place raisins, chocolate chips and mini marshmallows.
- Cover banana with banana peel and wrap in tightly in foil.
- Place in coals (or a warm oven or grill) for about 5 minutes or until chocolate and marshmallows are melted.

## Banana Milkshake

### Ingredients:

- 6 cups of milk
- 6 ripe bananas
- Ground nutmeg to taste
- 1 teaspoon of vanilla extract

### Directions:

- Mash the ripe bananas using a fork in a large bowl.
- Use a blender and blend until smooth.
- Add the milk (cold) and vanilla and beat with a whisk until drink is very frothy.
- Serve and dust with nutmeg.

## Orange and Banana Smoothie

### Ingredients:

1 cup of orange juice

1 banana

1 cup of frozen or fresh fruit in season

### Directions:

Peel the banana put in an airtight freezer bag and freeze until hard.

Pour the orange juice into a blender and add the frozen banana.

Add any frozen fruit of your choice and blend until smooth.

Serve immediately or chilled.

## Banana and Blueberry Smoothie

### Ingredients:

1 cup of plain yogurt

$\frac{1}{2}$  cup fresh or frozen berries

2 bananas

### Directions:

Peel the bananas, slice thickly and place on a baking tray.

Put in freezer and freeze until solid.

Remove tray from freezer and place the banana slices in a blender.

Slice the blueberries and add to blender.

Pour yoghurt into the blender.

Blend until smooth.

Pour into a glass and serve.



## Breakfast Banana Spilt

Cut a banana in half lengthwise and place it in a banana spilt bowl. Place a scoop of thick cooked, cooled oatmeal in the middle of the bowl. Drizzle lightly with fruit-only jam or apple butter. Add a little yogurt to the top of the oatmeal. Garnish with fresh fruit and top with chopped nuts or granola.

## Easy Banana Sammy Recipes

Smear a scoop of frozen yogurt on two graham crackers and add sliced banana.

### Ingredients:

1 whole banana

$\frac{1}{3}$  cup Peanut butter

2 whole Graham Crackers

1 sheet Plastic Wrap

### Directions:

Mash the banana and peanut butter together in a small bowl with a spoon. Put a spoonful of the mixture onto half a graham cracker and top it with the other half to make a sandwich. Wrap in plastic wrap and freeze for 2 hours before eating.

## Whole Wheat Banana Pancakes

### Ingredients:

3/4 cup [whole wheat flour](#)  
1/4 cup [unbleached all-purpose flour](#)  
2 tablespoons sugar  
1/8 teaspoon salt  
1 1/2 teaspoons cinnamon  
1 teaspoon cocoa powder  
1 1/2 teaspoons baking powder  
1 1/2 teaspoons vanilla extract  
1/2 cup water  
1/2 cup skim milk  
2 ripe bananas  
2 egg whites or 1 egg substitute

### Directions:

Combine the sugar, baking powder, cinnamon, cocoa, and salt, sift in the flour (to remove some of the larger pieces particularly in whole wheat flour), and mix.

Add the water, skim milk, vanilla, and egg to the mashed bananas and mix.

Combine the wet and dry ingredients and stir.

Heat the griddle to medium/medium-high, and spray with non-stick cooking spray.

Pour the batter into the griddle. Flip when bubbles appear. Cook until golden brown on both sides.

### References:

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[www.hannaford.com](http://www.hannaford.com)

[www.eatright.org](http://www.eatright.org)

[www.chiquitabananas.com](http://www.chiquitabananas.com)