

What's Fresh:



Red Bananas

They're naturally good!

- ◆ Contain more beta carotene and vitamin C than yellow bananas!
- ◆ Rich in potassium
- ◆ 1 red banana= 1 serving of fruit

Storage Tips:

Store red bananas at room temperature until ripe.

Red bananas are ripe when they have a deep red or maroon color and are slightly soft.

What are red bananas?

- ◆ Red bananas are a variety of banana that are slightly smaller with reddish-purplish skin. The flesh of the red banana may appear slightly pink.
- ◆ Red bananas taste similar to yellow bananas, but are slightly tarter & sweeter.
- ◆ Red bananas come from Costa Rica and are a favorite in Central America, Mexico and in some areas in Australia.

Red bananas are eaten the same way as yellow bananas!

- ◆ Peel them and eat them whole or chopped up for a quick snack.
- ◆ Add them to smoothies. In a blender, combine 1 red banana, 1/2 cup of fresh, frozen or canned fruit, 1/2 cup of milk or 100% juice, and a handful of ice.
- ◆ Add them to fruit salads.
- ◆ Slice them up and use them to sweeten cereal, oatmeal, waffles & pancakes.
- ◆ Slice or mash them and use instead of jelly on a peanut butter sandwich!
- ◆ Use them to make banana bread, banana muffins or banana pancakes!



See more recipes on the back



