



Bananas

Why bananas are a smart choice

When you eat bananas, you're boosting your potassium, vitamin B6 and vitamin C.¹ They're an amazing fruit packed with carbohydrates and antioxidants. Plus since bananas are a great source of fiber, they can help your digestive system stay regular and absorb calcium from other foods.² Eating bananas often seems to help stabilize blood sugar levels.² And the serotonin found in them may help improve your mood and aid with depression symptoms.¹

Bananas are great on their own, added to smoothies or baked as sweet breads. Enjoy!



Smart eats for better health

Chocoate peanut butter banana snack bread³

Ingredients

1 egg
 3 medium ripe bananas (about 1½ cups)
 ¾ tsp baking powder
 ⅓ cup salted natural peanut butter (creamy or crunchy)
 2½ tbsp coconut oil, melted
 ¼ cup organic cane sugar
 ¼ cup packed light brown sugar
 2-3 tbsp agave or maple syrup
 ¾ cup unsweetened almond milk
 1¼ cup almond meal
 ½ cup unsweetened cocoa powder
 1 cup gluten-free flour blend
 1 cup rolled oats
 ¼ cup chocolate chips
 ¼ cup peanut butter chips
 A pinch sea salt

Directions

1. Preheat oven to 350°F and line a loaf pan with parchment paper or spray with nonstick spray.
2. Whisk egg and mix in banana and mash thoroughly.
3. Then mix all ingredients with almond milk and stir in chocolate and peanut butter chips last.
4. Pour into loaf pan and bake for 1 hour to 1 hour, 15 minutes. It should feel firm and be crackly on top.
5. Let cool completely before cutting the loaf into slices.

A recipe for better health

Nutritional information — per serving; serving size 1 slice; makes 10 servings
 Calories 377; Total fat 22 g; Carbohydrates 51 g; Sugar 22.4 g; Protein: 8 g; Fiber 8 g.

Sources

- 1 Healthline website: Bananas 101: Nutrition Facts and Health Benefits (accessed September 2017); healthline.com
 2 Nutrition facts website: Banannas (accessed September 2017); nutritionfacts.org
 3 Minimalist Baker website: Chocolate peanut butter bannana snack bread (accessed September 2017); minimalistbaker.com