

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 1¹/₂ cups)
- 21/ ton
- 3¹/₂ tsp baking powder ¹/₃ cup salted natural peanut butter (creamy or crunchy)
- 2¹/₂ tbsp coconut oil, melted
- ¹/₄ cup organic cane sugar
- ¹/₄ cup packed light brown sugar
- 2-3 tbsp agave or maple syrup
- ³/₄ cup unsweetened almond milk
- 1¹/₄ cup almond meal
- ¹/₂ cup unsweetened cocoa powder
- 1 cup gluten-free flour blend
- 1 cup rolled oats
- 1/4 cup chocolate chips
- 1/4 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: Bannanas 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

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