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Friday April 15 is National Banana Day. Bananas are a great source of potassium, vitamin C and fiber. They are one of the most popular fruits in the world. They are inexpensive, readily available year-round. Bananas are a great grab and go food.

You can eat a banana on its own or add it to other food. Bananas are a great addition to cereal, both hot and cold versions. Cut one up in your yogurt or slice one up on your peanut butter and jelly sandwich. You can even put peanut butter on a tortilla, sprinkle rice cereal on top, a little honey and put a banana on it and roll it up. This makes a great grab and go breakfast or a wonderful snack. There are so many things you can do with bananas.

Bananas can be frozen and tossed into a fruit smoothie, or you can dip them in chocolate and roll them in nuts and freeze them for a healthy version of a frozen treat. You can also freeze bananas and make them into ice cream. Check out more recipes for bananas here:

<https://food.unl.edu/food-calendar/april/banana-day> My favorite way is to wash the banana, peel the banana and eat it, just like that!

Be sure to wash bananas before you eat them. Bananas travel a long way to get to Nebraska and can have a lot of contaminants on the outside that when peeled can get on the inside of the fruit that we eat. Here is a link to look at food safety for produce:

<https://food.unl.edu/article/wash-produce-will-be-peeled-or-eaten-peel>

What are you waiting for? Go grab a bunch of bananas and be creative with them. Sometimes an additional way to eat a fruit such as a banana can make them taste so much better. Try them frozen, add them to your cereal, or just eat one and you may be amazed at how much you like them! Have a healthy and happy April!