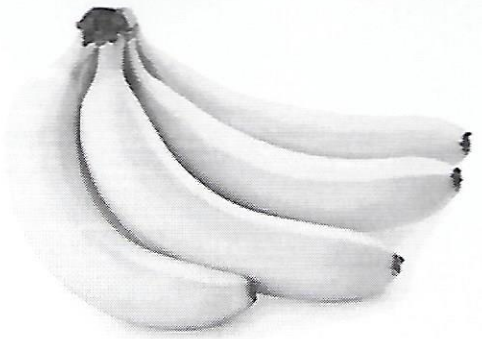


Bananas!

Please note that bananas at the Food Bank may be stored in a refrigerator and this may cause the skin to turn black, but know that even though the skin will turn black, the flesh of the banana is fine underneath.



Can you eat a black banana?

You can slow down the banana ripening process by storing the fruit in the refrigerator. The skin may darken, but the banana will be just right for several days.

If it's soft and pale brown or darker inside too, it's overripe and no longer good for eating straight; however, it **can** be used in baking, banana bread, or smoothies.

Freezing Bananas!

Brown bananas are easy to freeze and can be used in pancakes, muffins, smoothies, and other baked goods. Simply peel the bananas, place them in a freezer bag, and freeze them.

Later, use one banana in place of half the oil in almost any baked recipe. Break the banana out of the bag, let it thaw, and mash it with a fork for moisture and flavor in your muffins, coffee cakes, pancakes, and more.

Frozen bananas add flavor to smoothies, and also help to thicken them up.

Banana Muffins

- 2 cups **flour**
- 3/4 cup **sugar**
- 3/4 tsp **baking soda**
- 1/2 tsp **salt**
- 3/4 tsp **cinnamon**
- 1/4 tsp **nutmeg**
- 1 1/4 cup **oats**
- 3 ripe **bananas**, mashed
- 1 (6 oz) container **yogurt**
- 2 **eggs**
- 1/3 cup **oil**
- 1 tsp **vanilla**

1. Preheat oven to 350 degrees.
2. Mix mashed bananas, yogurt, eggs, oil and vanilla in a medium bowl.
3. In a separate bowl, mix flour, sugar, baking soda, salt, cinnamon, nutmeg and oats.
4. Combine both mixtures with a rubber spatula.
5. Grease muffin tin with oil or line with paper cups.
6. Scoop 1/3 cup of batter into each muffin cup.
7. Bake for 25-30 minutes or until golden brown and a toothpick inserted in the center comes out clean.

Makes 14 Muffins