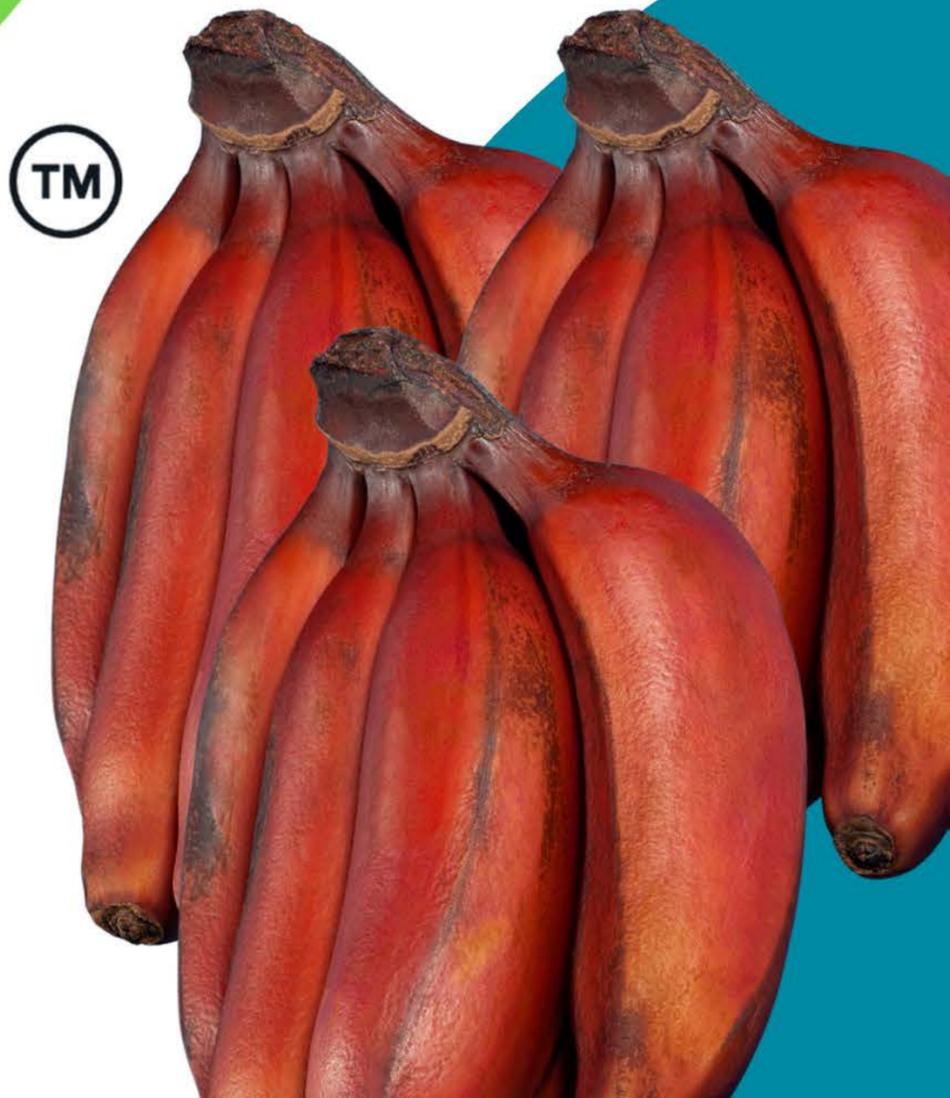




Thought  
Foodness

Featuring  
Red Bananas

WEST VIRGINIA HARVEST™



## Did You Know?

# Red Bananas

### Where I grow best:

Red bananas grow best in warm, sunny places with soft, moist soil. They need at least eight hours of sunlight each day and like temperatures between 75 and 95 degrees. They do not like cold weather, so they grow in tropical places like Central America, Hawaii, and southern Florida. It takes about 9 to 12 months for them to grow fruit, which is ready to eat when the skin turns deep red.

### My Nutritional Superpowers include:

Red bananas have amazing superpowers that help keep the body strong and healthy. They are full of vitamin C to fight germs and vitamin B6 to give the body energy. They have fiber to help with digestion and keep the stomach happy. Red bananas also have potassium, which keeps the heart and muscles strong. Since they are full of antioxidants, they help protect the body and keep the skin healthy.

### I taste great in meals like:

Red Banana & Peanut Butter Sandwich, Red Banana Smoothie, and Red Banana Pancakes!

Red Bananas are not typically available in West Virginia but could be available at Grocery Stores during select seasons.



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# Recipe Spotlight

## Red Banana Pancakes

Here is an easy way to try today's produce item in a meal at home!\*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

### How to make it:

1. Mix all the ingredients in a bowl.
2. Pour small circles of batter onto a hot pan.
3. Cook until golden brown, then flip.
4. Enjoy fluffy, banana-filled pancakes!

### What you will need:

- 1 red banana, mashed
- ½ cup pancake mix
- ¼ cup milk
- 1 egg



\*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.

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