

Health Tip of the Month

Let's Go Bananas!

What is **CREAMY**, can turn into a **POPSICLE**, yet is also **NUTRITIOUS** and **LOW** in calories?



...Bananas!

Frozen Bananas are a low calorie, nutritious, and affordable option to satisfy your dessert cravings.

Bananas help improve mood, regulate blood pressure, and aids in digestion. One banana costs about 25 cents, making it a bang for your buck.

Bananas get sweeter with time. Use ripened bananas with brown spots and freeze them overnight for a sweet, cool treat.

Try Banana Pops!

Cut 4 bananas in half. Stick craft sticks through the middle on one end. Freeze bananas for at least 4 hours, or ideally overnight. Dip 3/4 of banana in melted chocolate and roll in nuts of your choice. Enjoy immediately or freeze for later.



Peanut Banana Pops

- 182 calories
- 3g saturated fat
- 78 cents



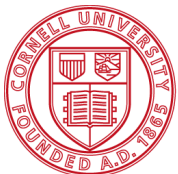
Häagen-Dazs

- 300 calories
- 13g saturated fat
- \$1.50



Try Creamy Banana Ice Cream!

Slice ripe bananas and store in airtight container overnight. Blend frozen bananas in a food processor. Optional: Add a splash of milk. Garnish with nuts, fruits, or chocolate chips.



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