

## Pick a *better* snack™

(how easy is that?)

**Peel. Eat**



### Banana Push-ups

- 2 large bananas, cut up
- 1 cup reduced fat or skim milk
- 1 cup plain yogurt
- 6 oz frozen orange juice concentrate  
(1 small can) 1/2 cup water

Combine all of the ingredients in a blender and whirl until foamy. Pour into paper cups and freeze. Push up from the bottom of the cup. Yield: 6 servings

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## Banana



**Wash. Eat. Peel. How easy is that?**

- Cut bananas into slices and sandwich each slice between two mini pretzel twists
- Cut bananas into slices and eat on top of cereal or oatmeal
- Make a fruit smoothie using orange juice, yogurt, banana slices and frozen strawberries

**Buying tips:** Buy bananas in a bunch that have a slight green and rich yellow color.  
The peel should be free of wrinkles.

**Special tips:** Bananas ripen after they are picked, so keep at room temperature to ripen a banana.

**Storing tips:** Store in the refrigerator to keep longer. The peel will darken but the fruit will be fresh and ripe.  
Bananas will freeze well in foil and can last up to 6 months.

**Serving size:** 1 medium banana

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*Message from Iowa Nutrition Network and USDA's Food Stamp Program*

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