



## Description

Eating fruit provides health benefits – people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Remember to eat seasonally. Checking what fruits are in season in your area can help save money. Craving something sweet? Try dried fruits like cranberries, mango, apricots, cherries, or raisins. To meet your fruit goal—keep fresh fruit rinsed and where you can see it. Reach for a piece when you need a snack.

## Uses

- Chocolate Chip Cherry Bars
- Brownie Cherry Bars
- Banana Berry Muffins
- Blueberry Muffin
- Peach Bran Muffins
- Healthier Banana Bread
- Apple Cranberry Salad
- Fresh Fruit Cinnamon Yogurt Dip
- Peachy Yogurt Parfait
- Strawberry Banana Parfait
- Peanut Butter Banana Smoothie
- Whole Wheat Apple Pancakes

## Best Cooking Procedures

Before eating or preparing fresh fruits and vegetables, wash the produce under cold running tap water to remove any lingering dirt. This reduces bacteria that may be present. If there is a firm surface, such as on apples or potatoes, the surface can be scrubbed with a brush. Consumers should not wash fruits and vegetables with detergent or soap. These products are not approved or labeled by the U.S. Food and Drug Administration (FDA) for use on foods. You could ingest residues from soap or detergent absorbed on the produce.

When preparing fruits and vegetables, cut away any damaged or bruised areas because bacteria that causes illness can thrive in those places. Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.



# Healthier Banana Bread



**Prep Time:** 15 minutes  
**Cook Time:** 60 minutes  
**Total Time:** 1 hour 15 minutes

## Ingredients

- 2 tablespoons butter
- 2 tablespoons canola oil
- 2/3 cups brown sugar
- 1 cup nonfat buttermilk
- 2 eggs
- 4 over-ripe bananas, mashed
- 1/2 teaspoon vanilla
- 1 1/2 cups whole-grain flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

Other optional ingredients:

- 1/2 cup fruit (blueberries, dried apricots, raisins)
- 1/2 cup nuts (walnuts, pecans, sunflower seeds)
- 1/2 cup coconut

## Directions

*Heat oven to 350 ° F.*

Cream butter, canola oil, and brown sugar. Add buttermilk, eggs vanilla, and mashed bananas. Mix well.

In a separate bowl, mix whole-grain flour, baking soda, and salt. Add dry ingredients to wet ingredients and mix until moist.

Gently fold in any added ingredients. With non-stick cooking spray, spray a loaf pan. Pour batter into loaf pan. Bake for 60 minutes. Refrigerate leftovers (if it lasts that long).

***Yield:*** 10 servings

(Recipe from *Create Better Health Utah SNAP-Ed*)

