

Bananas: Too Good To Waste



Store: Separate from the bunch and wrap stems in plastic. Store unripe on counter for up to 7 days. Refrigerate ripe for up to 2 weeks (skin may turn black). Do not store in a plastic bag.

 Freeze peeled bananas, wrapped in wax paper for use in breads or smoothies for up to 3 months.

Cook: Eat fresh, sliced or mashed. Eat baked, sautéed or grilled.

Use it up: Add to cereal, yogurt or smoothies. Blend frozen bananas with milk and vanilla for a healthy dessert... and compost the rest.



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