

# Recipes... BANANAS



**TIPS & TRICKS:** Peel a banana from the bottom and you won't have to pick the little 'stringy things' off it. Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster. It's best not to put bananas in the fridge as they will go off-color. However, this does stop the ripening process so you can do it if needed to stop your bananas from getting too ripe before you can eat them. You can freeze a banana if it gets too ripe for you to eat. Toss it in the freezer and pull it out when you're ready to make a smoothie or banana bread.

## **COCOA-NUT BANANAS**

4 teaspoons cocoa powder  
4 teaspoons toasted unsweetened coconut  
2 small bananas, sliced on the bias

Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess, then dip in the coconut.

## **SPICY BANANA KETCHUP**

1 tablespoon canola oil  
2 cups chopped sweet onion, such as Walla Walla or Vidalia (about 1 large)  
2 teaspoons minced ginger  
1-2 teaspoons minced hot pepper, such as jalapeno  
3/4 teaspoon salt  
1/2 teaspoon ground allspice  
1 1/2 cups mashed bananas (3-4 medium)  
1/2 cup cider vinegar  
2 tablespoons rum, preferably dark  
1 tablespoon reduced-sodium soy sauce  
1/4 teaspoon ground turmeric  
1/4 cup water

Heat oil in a large saucepan over medium heat. Add onion, ginger, hot pepper and salt; cover and cook, stirring often, until soft and just starting to brown, 6 to 8 minutes. Add allspice and cook, uncovered, stirring constantly, until fragrant, about 30 seconds. Add bananas, vinegar, rum, soy sauce and turmeric; increase heat to medium-high and bring to a simmer, stirring often. Reduce heat to low and cook, stirring occasionally, until very thick, 15 to 20 minutes. Cool slightly and puree with water in a food processor or blender. (Use caution when blending hot liquids.) Serve warm or cold.

## **BANANA CORN FRITTERS**

3/4 cup yellow cornmeal  
1/2 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/4-1/2 teaspoon ground chipotle chile (see Ingredient note) or cayenne pepper  
1 1/4 cups roughly mashed bananas (about 3 medium)  
1 large egg  
2 tablespoons milk or buttermilk  
2 tablespoons canola oil, divided

Preheat oven to 400°F. Coat a baking sheet with cooking spray.

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Whisk cornmeal, flour, baking powder, salt, cinnamon and chipotle (or cayenne) in a medium bowl. Mix banana, egg and milk (or buttermilk) in another medium bowl. Add the cornmeal mixture to the banana mixture and stir until just incorporated.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Reduce heat to medium; using 2 tablespoons of batter for each, space 5 fritters evenly in the pan. Cook until golden brown, 30 seconds to 2 minutes per side. Transfer to the prepared baking sheet. Cook a second batch with the remaining oil and batter, adjusting heat to prevent burning.

Transfer the fritters to the oven and bake until puffed and firm to the touch, 8 to 10 minutes.

## **BANANA BREAD**

2/3 cup packed brown sugar  
1/3 cup hot, strong brewed coffee  
1 1/2 cups mashed overripe bananas (about 4)  
1 large egg  
1 large egg white  
3 tablespoons canola oil  
1 teaspoon vanilla extract  
1 cup all-purpose flour  
1 cup whole-wheat flour  
1 1/2 teaspoons baking powder  
1 teaspoon cinnamon  
1 teaspoon ground ginger  
1/2 teaspoon salt  
1/4 teaspoon baking soda

Preheat oven to 350°F. Lightly oil a 9-by-5-inch loaf pan.

Dissolve brown sugar in coffee in a bowl. Stir in bananas. Whisk together egg, egg white, oil and vanilla in a large bowl. Add the banana mixture. Whisk together flours, baking powder, cinnamon, ginger, salt and baking soda in a separate bowl. Add to the banana mixture and stir just until combined.

Pour into the prepared pan and bake until a toothpick inserted into the center comes out clean, 40 to 50 minutes. Let cool in the pan on a rack for 10 minutes. Invert the loaf onto a rack and let cool completely.

## **MINI RICE CAKE STACKS**

8 mini apple-cinnamon rice cakes  
1 1/2 tablespoons natural peanut butter  
4 banana slices

Spread 4 rice cakes with peanut butter; top each with a banana slice and the remaining rice cakes.

## **BANANA BANANA BREAD**

2 cups all-purpose flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup butter  
3/4 cup brown sugar  
2 eggs, beaten  
2 1/3 cups mashed overripe bananas

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Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

## **BANANA PEANUT BUTTER BREAD**

1/2 cup butter, softened  
1 cup sugar  
2 eggs  
1/2 cup peanut butter  
2 bananas, mashed  
2 cups all-purpose flour  
1 teaspoon baking soda  
1/2 cup chopped walnuts

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 5x9 inch loaf pan. In a large mixing bowl, cream together butter and sugar. Add eggs; beat well. Stir in peanut butter, bananas, flour and baking soda until blended. Fold in walnuts. Pour into prepared pan.

Bake at 325 degrees F (165 degrees C) for 70 minutes, or until a toothpick inserted into center of the loaf comes out clean. Remove to a wire rack to cool.

## **BANANA COCONUT LOAF**

2 eggs  
1 cup sugar  
1/2 cup butter, melted  
1 cup mashed bananas  
1/2 teaspoon almond extract  
1 1/2 cups all-purpose flour  
1/2 cup flaked coconut  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup chopped walnuts  
1/2 cup maraschino cherries, chopped

Mix together flour, coconut, baking powder, baking soda, salt, chopped walnuts, and cherries. Break eggs in a mixing bowl, and beat until light and frothy. Add sugar and melted butter or margarine. Beat well. Stir in mashed banana and flavoring. Add flour mixture, and stir just to combine. Spoon into greased 9x5x3 inch loaf pan.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until a toothpick inserted in center comes out clean. Let stand for 10 minutes, and remove from pan. Cool.

## **BANANA BLUEBERRY QUICK BREAD**

1/2 cup fresh blueberries

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1 5/8 cups all-purpose flour  
1/2 cup quick cooking oats  
1/2 cup chopped pecans  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup shortening  
1 cup sugar  
2 eggs  
1 cup mashed bananas

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x5 inch loaf pan.

In a medium bowl, dredge blueberries in 2 tablespoons flour. Gently stir blueberries together with oats, nuts, 1 1/2 cups flour, soda, and salt. In a large bowl, cream shortening. Gradually add sugar, beating until light and fluffy. Add eggs one at a time, beating well after each addition. Stir in mashed banana. Add blueberry mixture to creamed mixture, and stir just until moistened. Spoon batter into the prepared pan.

Bake for 50 to 55 minutes, or until a wooden toothpick comes out clean when inserted in the center of the loaf. Cool in pan for 10 minutes. Remove from pan, and cool completely on a wire rack.

## **BANANA OAT MUFFINS**

1 1/2 cups all-purpose flour  
1 cup rolled oats  
1/2 cup sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 egg  
3/4 cup milk  
1/3 cup vegetable oil  
1/2 teaspoon vanilla extract  
1 cup mashed bananas

Combine flour, oats, sugar, baking powder, soda, and salt.

In a large bowl, beat the egg lightly. Stir in the milk, oil, and vanilla. Add the mashed banana, and combine thoroughly. Stir the flour mixture into the banana mixture until just combined. Line a 12-cup muffin tin with paper bake cups, and divide the batter among them.

Bake at 400 degrees F (205 degrees C) for 18 to 20 minutes.

## **BANANA PANCAKES**

1 cup all-purpose flour  
1 tablespoon sugar  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 egg, beaten  
1 cup milk  
2 tablespoons vegetable oil  
2 ripe bananas, mashed

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Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas. Stir flour mixture into banana mixture; batter will be slightly lumpy.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot

## **BANANA OATMEAL COOKIES**

1 cup sugar  
1 cup margarine  
2 eggs  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon ground cloves  
1 teaspoon ground cinnamon  
3 ripe bananas, mashed  
2 cups rolled oats  
1 cup semisweet chocolate chips

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, cream butter and sugar together until smooth. Stir in the eggs and vanilla. Sift together the flour, baking soda, cloves and cinnamon, stir into the creamed mixture. Then add the mashed bananas, rolled oats and chocolate chips, mix until well blended.

Drop dough by rounded spoonfuls onto unprepared cookie sheets. Bake for 10 to 12 minutes in the preheated oven. Remove cookies from pan to cool on wire racks.

## **BRAZILIAN BANANAS**

6 medium bananas, halved lengthwise  
1/2 cup fresh orange juice  
1 tablespoon fresh lemon juice  
1/2 cup sugar  
1/8 teaspoon salt  
2 tablespoons butter  
1 cup flaked coconut

Preheat the oven to 400 degrees F (200 degrees C). Butter a 9x13 inch baking dish.

Place the bananas into the baking dish. Combine the orange juice, lemon juice, sugar and salt in a pitcher or bowl; pour over the bananas. Dot with butter.

Bake for 15 minutes in the preheated oven. Sprinkle with coconut before serving.

## **SOUR CREAM BANANA CAKE**

2 cups packed brown sugar  
1 cup sour cream  
1 cup butter  
1 teaspoon baking soda

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4 eggs  
1/8 teaspoon salt  
4 bananas  
2 teaspoons vanilla extract  
4 cups sifted cake flour  
1 cup chopped walnuts  
1/2 cup butter  
4 cups confectioners' sugar  
1/4 cup sour cream  
1 teaspoon vanilla extract

Cream brown sugar and 1 cup butter, add eggs 1 at a time; beat well. Add mashed bananas and flour and salt, baking soda along with 1 cup sour cream . Add vanilla and nuts last.

Pour batter into 3 - 9 inch pans or a 13 x 9 inch pan. Bake in a preheated 350 degrees F (175 degrees C) oven until cake tests done with a tooth pick, about 30 to 40 minutes for the 9 inch round cakes or about 40 to 50 minutes for the 13 x 9 inch cake..

To make Frosting: Mix 1/2 cup of butter or margarine, 4 cups of confectioners' sugar and 1/4 cup sour cream (more if needed). Add 1 teaspoon vanilla and beat until fluffy.

## **BANANA BARS**

1/2 cup shortening  
1 cup sugar  
1/2 cup milk  
1 teaspoon vanilla extract  
1 1/2 cups all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 very ripe banana, mashed  
1 teaspoon lemon juice  
1/2 cup chopped walnuts

2 tablespoons butter, melted  
1 teaspoon vanilla extract  
2 cups confectioners' sugar  
1/2 ripe banana  
1/2 teaspoon salt  
1/4 teaspoon lemon juice

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.

In a large bowl, cream together the shortening and sugar until smooth. Stir in the milk and 1 teaspoon vanilla. Combine the flour, baking soda and 1/2 teaspoon salt; stir into the sugar mixture. Mix in 1 banana, 1 teaspoon lemon juice and walnuts. Spread evenly into the prepared pan.

Bake for 25 to 30 minutes in the preheated oven, until a toothpick inserted into the center comes out clean. Let bars cool in the pan on a wire rack.

To make the frosting: In a medium bowl, mix together the melted butter, 1 teaspoon vanilla, confectioners' sugar, 1/2 banana, 1/2 teaspoon of salt and 1/4 teaspoon lemon juice using an electric mixer

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## **BANANA FLAVORED JAM**

4 cups mashed ripe bananas  
1/3 cup fresh lemon juice  
2 tablespoons brown sugar  
1/4 teaspoon ground nutmeg

Combine all ingredients in a blender and puree until smooth. Heat to a boiling in a saucepan and simmer slowly, till mixture is thickened. Serve warm over pancakes or cool and serve as a jam.

## **BANANA PUDDING**

1 (8 ounce) package cream cheese  
1 (14 ounce) can sweetened condensed milk  
1 (5 ounce) package instant vanilla pudding mix  
3 cups cold milk  
1 teaspoon vanilla extract  
1 (8 ounce) container frozen whipped topping, thawed  
4 bananas, sliced  
1/2 (12 ounce) package vanilla wafers

In a large bowl, beat cream cheese until fluffy. Beat in condensed milk, pudding mix, cold milk and vanilla until smooth. Fold in 1/2 of the whipped topping.

Line the bottom of a 9x13 inch dish with vanilla wafers. Arrange sliced bananas evenly over wafers. Spread with pudding mixture. Top with remaining whipped topping. Chill.

## **BANANA BOATS**

2 bananas  
1/4 cup semisweet chocolate chips  
1/4 cup miniature marshmallows

Slit each banana lengthwise through the peel, making sure not to cut all the way through to the other side. Stuff the bananas with marshmallows and chocolate chips.

Wrap each banana in aluminum foil and cook over a fire, on the barbecue, or in a 300 degree oven for 5 minutes, or until chocolate is melted. Eat with a spoon.

## **BANANA BRAN MUFFINS**

1/2 cup butter, softened  
1/2 cup brown sugar  
3 bananas, mashed  
1/4 cup milk  
1 teaspoon vanilla extract  
2 eggs  
1 1/2 cups all-purpose flour  
1/2 cup wheat bran  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt

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1/2 cup chopped walnuts

Preheat oven to 375 degrees F (190 degrees C). Grease a muffin pan or line with paper muffin liners.

In a large mixing bowl, cream butter and brown sugar together until fluffy. Add bananas, milk, vanilla and eggs; mix well. Stir in flour, bran, baking powder, soda and salt; blend just until moistened. Stir in walnuts. Pour batter into prepared muffin cups.

Bake at 375 degrees F (190 degrees C) for 20 to 25 minutes or until a toothpick inserted into the center of a muffin comes out clean. Cool in the cups for 5 minutes, then remove muffins and place on a wire rack to cool completely.

## ICY BANANA MILKSHAKE

2 bananas, peeled and sliced

6 ice cubes

5 cups milk

1/2 cup sugar

In a blender, combine the bananas, ice cubes, milk and sugar. Cover, and blend for 2 minutes, or until ice is finely crushed.

## BANANAS IN CARAMEL SAUCE

1/2 cup butter

1 cup superfine sugar

1 1/4 cups heavy cream

4 bananas, peeled and halved lengthwise

In a large, heavy skillet over medium heat, melt butter. Stir in sugar and cook, stirring, until sugar is melted and light brown. Slowly stir in the cream (mixture will bubble up). Let boil 1 minute, then reduce heat to low. Place the bananas in the pan and cook until heated through, 2 minutes. Serve hot.

## BANANA FRITTATA

1/2 cup all-purpose flour

1 pinch salt

2 tablespoons sugar

1/4 cup milk

2 eggs

2 large bananas, sliced

2 tablespoons vegetable oil

1/2 tablespoon butter

In a bowl, combine the flour, salt and sugar. Gradually pour in the milk, stirring constantly, until a smooth batter is formed. Add the eggs, one at time, stirring well each addition. Stir in sliced bananas.

Heat oil and butter in a nine inch non-stick skillet over medium heat. Pour the mixture in by spoonfuls, spreading the mixture evenly across the pan. When the bottom has turned a golden brown turn the frittata and cook over low heat until golden brown on the other side. Sprinkle with sugar and serve warm.