



# Bountiful Bananas

Kia ora koutou,

Bananas (panana in Māori) are readily available and affordable throughout the year. They are delicious, nutritious, and can be used in lots of different ways— including baking, cooking, raw, or as a delicious topping. They offer dietary fibre, potassium, and are a fantastic source of carbohydrates, which is ideal for a boost before, during, or after sport or any physical activity.

Many people have strong preferences around the ripeness of the bananas. I know that I love those borderline green bananas and am less fond of those with spots or bruised (perfect excuse to bake them though!). As bananas ripen, their starch converts to sugar, which explains why very ripe bananas are fantastic in baking, as they are sweet and soft.

Bananas are a fantastic addition to meals, and can be eaten in many ways such as:

- Sliced with peanut butter on wholemeal toast
- On top of porridge with a dash of cinnamon
- Banana smoothie made with plain milk, a teaspoon of peanut butter and tablespoon of oats
- Banana bran muffins
- Baked in the oven and served with yoghurt or custard
- Banana oat pancakes

## Banana Oat Pancakes (serves 4)

- 4 ripe bananas, mashed well
- 4 eggs
- 1 cup rolled oats
- 1 teaspoon baking powder

### Methods

Whisk eggs with a fork until combined and add the other ingredients. Using a little oil, or cooking spray, cook pancakes on a fry pan and flip after 1-2 minutes on each side. Pancakes which are the size of about 2 tablespoons are easier to flip than large ones. Serve with fruit (fresh or canned) and yoghurt. Yum!