

# Bananas

- Color and Ripeness
  - Green bananas will be harder to chew and less sweet.
  - Bright yellow bananas are at peak ripeness.
  - If the banana has some brown spots, it is still good to eat. This is also when bananas are at their sweetest.
  - Once bananas are very soft and mostly brown, it is over-ripe. This type of banana is perfect for banana bread!
- Store bananas at room temperature.
- Wrap the stems of the bananas to slow down the ripening process.

- Bananas are a healthy source of fiber, potassium, vitamin B6, vitamin C, and various antioxidants.
- Bananas contain resistant starch, which offers digestive health benefits.
- Potassium may help to lower blood pressure and prevent further complications, such as strokes and kidney disease.

