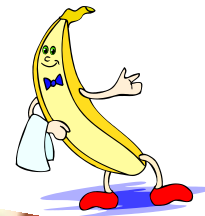


Bagel Gone Bananas



Ingredients:

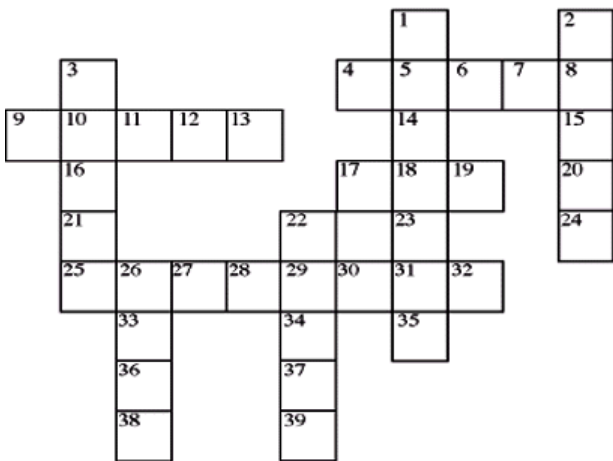
- 2 tablespoon(s) natural nut butter, such as almond, cashew, or peanut
- 1 teaspoon(s) honey
- 1 pinch(s) salt
- 1 whole-wheat bagel, split and toasted
- 1 small banana, sliced

Instructions:

Stir together nut butter, honey, and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.



Banana Crossword Fun



ACROSS

4. Bananas require warm tropical sun, rich soil, and lots of _____
9. Bananas are harvested when they're _____
17. One banana counts as one serving of your 5 A ____
25. Bananas grow in _____ areas

DOWN

1. _____ are the most popular fruit in America
2. Bananas do NOT grow on _____
3. Bananas were probably the first _____ farmed by man
22. Bananas are a good source of vitamin C, _____ and potassium
26. Store bananas at _____ temperature

Fun Facts about Bananas!

- As bananas ripen the starch in the fruit turns to sugar. So the riper the banana the more sweet it will taste.
- There are more than 500 varieties of bananas in the world.
- A cluster of bananas is known as a hand which consists of 10 to 20 bananas, which are known as fingers.
- Over 50% of bananas are eaten with the breakfast meal
- Bananas are America's number 1 fruit!
- India is the largest producer of bananas, growing 16.5 million tonnes a year!
- Bananas are high in potassium, which can help relieve muscle cramps