

CWA of NSW Product of the Week – Bananas

The Chinese migrant communities introduced bananas to Australia in the mid-1800s. In the 1880s the first banana plantations were planted in the Queensland tropics around Cooktown, Port Douglas, Cairns, Innisfail and Tully. Plantations in the Coffs Harbour area were planted in the 1890s.

Bananas are grown in tropical and subtropical regions in Australia, providing geographical diversity in farming practices, varieties grown and their flavours. All fresh bananas available in Australia are locally grown. Bananas are not imported into Australia due to the threat of pests and diseases being introduced from overseas.

Bananas are giant herbs and belong to the same family as lilies, orchids and palms. They can grow up to 9m in height.

There are more than 500 varieties of bananas in the world. In Australia, the Cavendish and Lady Finger varieties are the most popular. Cavendish bananas are medium in size and have a creamy, smooth texture and thin peel. Lady finger bananas are sweeter and smaller and taste best when fully ripe, when their skin is completely yellow with flecks of black.

Recipes:

Banana and Coconut Milk Pops

Ingredients

- 2 ripe bananas, mashed
- 1 can of coconut milk
- 2 tbsp of shredded coconut

Method

1. Place the mashed banana into your chosen popsicle moulds to the half way mark, freeze for an hour or until set.
2. Fill the remaining space with the coconut milk and sprinkle with shredded coconut. Freeze overnight.
3. To remove popsicles from molds, run under hot water for 10 seconds.

Notes: This recipe is 100% sugar free, however, if you prefer something slightly sweeter, mix the banana and coconut milk together with 2 tbsp. of honey and top with shredded coconut and freeze.

Cacao Banana Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1/2 banana
- 2 tbsp LSA powder
- 1/2 cup baby spinach leaves
- 1 tbsp cacao powder

- 1 tsp chia seeds
- 1 cup of ice

Method

1. Place all ingredients in a blender and blend until smooth.

Notes: Recipe created by Susie Burrell, dietitian and Australian Bananas Ambassador
www.susieburrell.com.au

Source: Australian Bananas, (<https://australianbananas.com.au/>)