

KIDS CLUB

NEWSLETTER



Welcome to week 2 of our new ChopChop Kids Club newsletter! (If you missed the first one, it's [here](#).) This week we're focusing on older bananas. You know the kind: they're brown and spotty and past the point of slicing into your cereal. But they're perfect for banana bread! If you have a little brother or sister at home, they can help you mash the bananas for this recipe. It's a fun job, it's pretty much impossible to mess up, and they'll feel so good about getting involved! And if you've got an older sibling at home, maybe they can help you with the parts you're not so sure about—like using pot holders to take the loaf out of the oven. And if it's just you? There'll be more banana bread to go around.

Have fun going bananas!



5-Banana Banana Bread

Five bananas might sound bananas to you, but that's the amount we've landed on for perfectly moist, naturally sweet banana bread. If you don't have that many bananas, you can make half the recipe and bake the batter in a muffin tin that you've greased or lined with paper wrappers. The muffins will need to bake for a shorter time—25 minutes or so—and you'll end up with around 12 muffins.

ADULT: YES | HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 1 HOUR 30 MINUTES | MAKES: 1 LOAF

KITCHEN GEAR

Loaf pan
Measuring cups
Measuring spoons
2 large bowls
Fork
Large spoon
Silicone spatula
Pot holders

INGREDIENTS

- 1 teaspoon vegetable oil (for the pan)
- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- 1½ teaspoons baking soda
- 1½ teaspoons kosher salt
- 5 very, very overripe bananas, peeled
- ½ cup sugar
- 8 tablespoons (1 stick) unsalted butter, melted and slightly cooled (melt the butter in a small pot over low heat or in the microwave), or ½ cup vegetable oil
- 2 large eggs, at room temperature
- 2 teaspoons vanilla extract
- ½ cup toasted walnuts or pecans (if you like, and nobody's allergic)



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Turn the oven on and set the heat to 350 degrees. Using your clean hand or a paper towel, lightly coat the loaf pan with the 1 teaspoon oil.
2. Put both flours, the baking soda, and salt in a large bowl and mix well. Set aside.
3. Put the bananas in the other bowl and, if they're not very soft, use the fork to mash them. Add the sugar and mix until it's as

smooth as you can get it. There should be no big chunks of banana.

4. Add the butter, eggs, and vanilla to the banana mixture and mix well. Add the flour mixture, a little at a time, and then the nuts, if using, and mix well. Scrape the mixture into the prepared pan.
5. Once the oven temperature has reached 350 degrees, put the pan in the oven and bake until firm in the center, about 1 hour.
6. Set aside to cool a bit, then remove from the pan. Cool before slicing. Wrap leftovers in plastic wrap.

TRY THIS

Cocoa Banana Bread: Instead of 1 cup all-purpose flour, use ½ cup flour and 1 cup unsweetened cocoa powder.



DO YOU HAVE MORE BANANAS?

Try one of these recipes.

- **Banana Dutch Baby** www.chopchopfamily.org/recipe/banana-dutch-baby
- **Banana Applesauce with Almonds** www.chopchopfamily.org/recipe/banana-applesauce-almonds
- **One-Ingredient Banana Ice Cream** www.chopchopfamily.org/recipe/one-ingredient-banana-ice-cream

◀ **One-Ingredient Banana Ice Cream**

GAME: BANANARAMA

Here's a fun game to play while your banana bread bakes. Give each player a piece of paper and a pencil. When someone yells "Banarama!" players have 5 minutes to race through the house writing down everything they can see—either inside or out the window—that's yellow or that starts with the letter B. At the end of 5 minutes, each item on the list scores 1 point, except for items that are both yellow and start with B, which score 2 points. The player with the most points wins.

This is a pretty adaptable game. How would you play it if it were strawberry-themed?

6 WAYS TO EAT BANANAS

1. Sandwich peanut butter and banana slices between two pieces of French toast.
2. Spread whole-wheat toast with mashed banana.
3. Top oatmeal or yogurt with banana slices.
4. Sandwich peanut butter between banana slices and freeze them.
5. Slice a banana in half lengthwise (leave the peel on), then wrap it in foil and bake in a 350-degree oven for 15 minutes. Use a spoon to eat it out of the peel.
6. In a blender, whirl 1 sliced banana with $\frac{1}{2}$ cup plain yogurt, a splash of fruit juice, and a couple of ice cubes for an instant smoothie.



A-PEELING MATH

1. The average American eats 100 bananas every year. If you eat 2 bananas a week, how many bananas do you eat in a year? Are you under or over the average?
2. Bananas cost around 58 cents per pound, making them one of the least expensive fruits. (Apples are \$1.32 per pound, oranges \$1.39 per pound, and grapes \$2.28 per pound.) There are (usually) 3 bananas in a pound. If a recipe has 6 bananas in it, how much would it cost? How many pounds of bananas are in the Banana Bread recipe?





Warren County Cooperative Extension Service

This newsletter is brought to you from the Kentucky Cooperative Extension Service in Warren County, the most comprehensive outreach and engagement program at the University of Kentucky. Our mission, simply stated, is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with our other land grant partner, Kentucky State University, we take the University to the people in their local communities, addressing issues of importance to all Kentuckians. The Extension Office strives to deliver information, education, solutions and grow ideas for better communities, stronger local economies, and healthier lives. The Warren County Extension Office offers programs and many resources to assist you. Please feel free to contact us at any time with questions or concerns you may have.

Our Educational Programs/Services Include:

Agriculture/Horticulture

Commodity Meetings
Pesticide Applicator Trainings
Soil Testing- Farm/Commercial/Home
Plant Diagnostics and Identification
Insect Identification
Extension Master Gardener Volunteer Program
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Warren County Beekeepers
Marketing Workshops

Family & Consumer Sciences/SNAP

Nutrition Education/Cooking Skills
Consumer Economics
Healthy & Safe Living Programs

Youth Development

4-H Clubs/4-H Projects/4-H Activities
Life Skill Development
School Enrichment
Leadership & Volunteer Development

Please feel free to contact us. We have answers for your questions!

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Family & Consumer Sciences

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SNAP Educator

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Answering your nutrition education questions for limited resource audiences.

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Check us out on **Farm & Home** on WBKO 13-1
Mondays thru Fridays between 5:15a.m. - 5:30a.m.

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