

Turns out, Mother *does* know best ... breakfast truly is the most important meal of the day. Without it, you risk the ruckus of stomach grumbling drowning out your morning, replacing your exercise routine with television, overeating at lunch and dinner, and feeling more like taking a nap yourself than putting your kids down for theirs.

Instead of starting your day running on yesterday's fuel or sending your kids out into the world without an energy reserve, the International Banana Association and the National Peanut Board encourage you and your family to get going with a breakfast combining two of America's favorite nutritious and energizing foods – bananas and U.S.A.-grown peanuts.

The following recipes offer breakfast ideas – starring the all-American food, U.S.A. peanuts, and America's favorite fruit, bananas – that can be prepared all year round for your family and houseguests. Whether you are running out the door in an early morning rush or waking up for a leisurely weekend meal, these recipes will both fit and fuel your lifestyle. To ensure your recipes turn out just right, choose bananas according to peel color and ripeness desired. Select full-yellow bananas for immediate eating; use fully ripe bananas, with speckles on the peel, for baking or recipes that specify mashed bananas. For peanut and peanut butter ingredients, simply choose your favorite brands available at your local grocery store.



Peanut Butter Banana Holiday Bread (above),  
Chunky Banana and Peanut Butter Conserve (right)

### Chunky Banana and Peanut Butter Conserve

Prep: 8 min. • Makes: 1-1/3 cups

- 1 ripe, firm banana, peeled and chopped in 1/2-inch pieces
- 2 tablespoons fresh lemon juice
- 1/4 cup creamy peanut butter
- 3 tablespoons honey

English Muffins or raisin toast

- Toss banana and lemon juice in small bowl.
- Blend peanut butter and honey in medium bowl. Stir in bananas and juice.
- Serve on English Muffin or raisin toast.

Per Serving: 132 calories, 4g fat (1g sat.), 0mg cholesterol, 165mg sodium, 22g carbohydrate, 4g protein

### Peanut Butter Banana Holiday Bread

Prep: 15 min. • Bake: 65 min. • Makes: 2 loaves

- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 1 cup peanuts, chopped
- 1/4 cup wheat germ
- 1 tablespoon ground cinnamon
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 4 eggs, room temperature
- 2 1/2 cups sugar
- 3/4 cup creamy peanut butter
- 1/2 cup canola oil
- 1 tablespoon vanilla extract
- 2 cups coarsely mashed banana (about 3-4)

- Combine flours, peanuts, wheat germ, cinnamon, baking soda and salt in medium bowl.
- Beat eggs in large bowl. Add sugar; beat until creamy. Add peanut butter, oil, and vanilla; beat well. Add banana, beat 1 minute. Stir in dry ingredients until blended.
- Spray two 9x5x3-inch loaf pans with non-stick cooking spray. Divide batter equally between pans; tap on counter to settle batter.
- Bake at 375°F 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes.
- Turn out onto rack; cool completely. Slice when cool.

Per Serving: 277 calories, 13g fat (2g sat.), 35mg cholesterol, 228mg sodium, 36g carbohydrate, 7g protein

### Banana Breakfast Club with Peanut Streusel

Prep: 25 min. • Bake: 25 min. • Makes: 12 servings

Peanut Streusel Topping

- 1/4 cup packed light brown sugar
- 1/4 cup old fashioned oats
- 2 tablespoons all-purpose flour
- 2 teaspoons ground cinnamon
- 1/4 cup creamy peanut butter

- Combine sugar, oats, flour and cinnamon. Add peanut butter; work into mixture using two forks or your fingers, until blended and crumbly.

Banana Breakfast Club

- 1 pkg. (8 oz.) cream cheese, softened
- 1/4 cup granulated sugar
- 1 teaspoon grated lemon peel
- 2 tablespoons fresh lemon juice
- 1 tablespoon vanilla extract
- 6 eggs, beaten
- 1/3 cup milk
- 12 slices firm white or egg bread
- 3-4 bananas, sliced 1/4-inch thick
- Ground cinnamon
- Maple syrup (optional)

- Blend cream cheese, sugar, lemon peel, lemon juice and vanilla in medium bowl.
- Beat together eggs and milk in large flat dish.
- Spread 1 1/2 tablespoons cream cheese mixture on each slice of bread. Top one slice of bread with sliced bananas. Place second slice of bread with cream cheese spread side down on bananas. Repeat process for remaining bread.
- Spray two 13x9-inch glass baking dishes with non-stick cooking spray.
- Dip sandwich in egg mixture, turning to coat on each side. Place 3 sandwiches in each dish; sprinkle with cinnamon.
- Sprinkle 2 1/2 tablespoons streusel topping over each sandwich.
- Bake at 375°F for 25 minutes. Let stand 5 minutes; slice in half, serve with maple syrup if desired.

Per Serving: 299 calories, 13g fat (6g sat.), 128mg cholesterol, 253mg sodium, 37g carbohydrate, 9g protein

### On-the-Go Peanut Butter Banana Granola

Prep: 15 min. • Bake: 1 1/2 to 2 hr. • Makes: 6 cups

- 3 cups old fashioned oats
- 1 cup peanuts, chopped
- 1/4 cup wheat germ
- 6 tablespoons packed dark brown sugar
- 6 tablespoons maple syrup
- 3 tablespoons creamy peanut butter
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 ripe, firm bananas, peeled and chopped in 1/2-inch pieces

- Combine oats, peanuts and wheat germ in large bowl.
- Mix sugar, syrup, peanut butter, vanilla, cinnamon and salt in medium bowl. Add bananas to oat mixture; pour on syrup. Toss to evenly coat.
- Pour granola mixture onto baking sheet that has been sprayed with non-stick cooking spray; spread to make even layer.
- Bake at 250°F for 1 1/2 to 2 hours; stirring every 30 minutes or until golden brown.
- Cool completely on pan. Store in container with tight-fitting lid.

Per Serving: 258 calories, 10g fat (1g sat.), 0mg cholesterol, 172mg sodium, 38g carbohydrate, 8g protein

### Peanut Butter and Banana Pancakes

Prep: 5 min. • Makes: 24 pancakes

- 2 cups dry pancake mix
- 1 cup creamy peanut butter
- 2 firm, ripe bananas, sliced

- Prepare pancake mix according to package directions. Add peanut butter to batter. Thin with additional milk to desired consistency.

- Pour 1/4 cup batter onto hot griddle or skillet; add 3 to 4 banana slices to top of batter; pressing down slightly. Cook according to package directions.

Tip: For peanutier flavor, warm additional peanut butter and lightly spread over pancakes before serving.

Per Serving: 113 calories, 6g fat (1g sat.), 3mg cholesterol, 170mg sodium, 13g carbohydrate, 4g protein

# POWER YOUR DAY

## with a Peanut & Banana-Packed Breakfast



Banana Breakfast Club with Peanut Streusel

For more delicious recipes, go to [www.eatmorebananas.org](http://www.eatmorebananas.org) and [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).

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