



Growing healthy keiki, schools, and communities

## Eat Close to the Source!

Bananas and avocados are two of the easiest fruits to find in Hawai'i. Get them at farmers' markets or maybe even in your backyard!

Try these yummy, close-to-the-source after-school treats with your friends!



# Guacamole!


Avocadoes are a great source of “good” fat that helps kids have healthy hearts, brains, and skin!

### Ingredients

- 1 large ripe avocado (or 2 small ones)
- 1 tablespoon fresh squeezed lime juice
- 1 clove garlic (crushed or chopped)
- A pinch of sea salt

### Directions

- 1) Cut ripe avocado in half and take out the seed
- 2) Scoop the flesh into a bowl
- 3) Mash up with chopped garlic and lime juice
- 4) Use as a dip for vegetables or whole grain crackers or chips. It's 'ono in sandwiches, too!

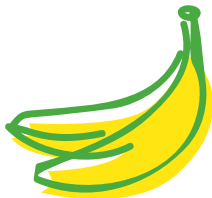
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# Banana Sorbet



Banana Sorbet is a delicious, healthy, and local alternative to ice cream.



## Ingredients

Peeled and frozen apple bananas

## Directions

- 1) Grow your own or purchase local “apple” bananas
- 2) Peel ripe bananas
- 3) Chop into small pieces for easier processing later
- 4) Place in freezer overnight
- 5) Blend in food processor until creamy and smooth

*Optional: Get creative and play with different flavors. Add a sprinkle of cinnamon or mix in different fruits like pineapple, mangoes, or berries.*

## Banana Fun Facts

\* Bananas are a good source of vitamin B6, vitamin C, potassium, dietary fiber, and manganese.

\* Mai'a, banana in Hawaiian, are one of the “canoe plants” that the first Polynesian settlers brought to Hawai'i.

\* Bananas come with their own “wrapper” and make a perfect addition to a no-waste lunch.

\* Banana plants are herbs, not actually trees!



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