

THE
BOO-NANA
BANANA



THE HEALTHY, NOT SCARY, HALLOWEEN SNACK

HEALTHY AND HAUNTED

Over 50% of Aussies who celebrate Halloween will do so by throwing a party or going trick or treating, yet Aussies prioritise artificial foods like themed lollies (20%) over healthy snacks (12%) for Halloween.

To help celebrate Halloween this year, Australian Bananas has created The Boo-Nana Banana – a digital recipe book full of delicious and healthy spooky snacks the whole family will love.

Whether you're trick or treating, or dressing up for an office meeting, The Boo-Nana Banana has all the natural energy and goodness to keep you ghostbusting all day and night long.

Accredited dietitian, Michelle Theodosi says, "Halloween and healthy snacking don't need to be mortal enemies. It's easy to get creative with scary-good

healthy snacks this Halloween and by having an "all foods on the table" approach, mixing in some nourishing options with some "fun foods", we take the fun foods off their pedestal and make all foods equal. This is a great way to encourage a positive relationship with food, whether you're a little or big kid."

Australian Bananas aren't just delicious, they're an extremely nutritious, long-lasting energy snack packed with natural carbohydrates, vitamin B6 and potassium – perfect for celebrating without any scary surprises.

The Ghost Boo-Nana –
Go ooooooo for the fruit topped with choc chip eyes





THE ZOMBIE BOO-NANA

Baked bananas in puff pastry - it's a no-brainer



INGREDIENTS:

- 100g ready rolled light puff pastry
- 4 ripe but firm bananas
- 8 sultanas or choc chips
- 1 cup greek yogurt
- 2tbsp icing sugar

METHOD:

- 1** Remove puff pastry from freezer to defrost
- 2** Preheat fan-forced oven to 180C
- 3** Cut the pastry into 1cm wide strips
- 4** Wrap each banana in the pastry, leaving a slight gap for the eyes
- 5** Place on a flat tray lined with baking paper and bake for 20 minutes until the pastry is crisp and golden
- 6** Push two raisins or choc chips into the top for the eyes
- 7** Dust with icing sugar and serve with greek yoghurt for dipping



THE MONSTER MUNCH BOO-NANA

Sure to have everyone goblin up bananas and peanut butter



INGREDIENTS:

- 1 banana
- Peanut butter
- Muesli (homemade or store-bought)
- Spooky eyes, available at cake decoration stores

METHOD:

- 1** Peel banana and slice into even pieces ~2cm thick
- 2** Spread peanut butter on top of each banana piece
- 3** Dip the peanut butter side into muesli
- 4** For added fun, decorate with spooky eyes . Enjoy!



THE HOCUS POCUS TO FOCUS BOO-NANA

A witches brew full of bananas,
oats and natural goodness



INGREDIENTS:

For smoothie:

- 2 medium frozen bananas
- 1 cup natural greek yogurt
- 2 tablespoons nut butter
- 1/2 cup milk
- 1/2 cup rolled oats

For topping:

- 1 banana ripe but firm
- 2 tbsp chia seeds
- 2 tbsp desiccated coconut

METHOD:

- 1** Add all ingredients to a blender and blend on high for ~1 minute until smooth
- 2** Pour evenly into two bowls
- 3** Decorate with toppings and enjoy



THE PIRATE'S GOLD BOO-NANA

Baked bananas with cinnamon to make you go 'AR!'



INGREDIENTS:

- 2 bananas
- 1 tbsp extra virgin olive oil
- 1/2 tsp cinnamon
- Maple syrup (optional)

METHOD:

- 1** Preheat oven or air fryer to 180C
- 2** Slice bananas into 0.5cm thick slices
- 3** In a large bowl, mix the bananas gently with olive oil
- 4** Spread banana slices into a single layer in the air fryer or a lined oven tray and dust with cinnamon (can cook in batches)
- 5** Bake/air fry for ~10mins or until golden brown, flipping halfway through
- 6** Remove from the oven/air fryer and set aside to cool
- 7** Drizzle with maple syrup (optional) and serve

**FOR MORE INFORMATION AND ACCESS TO DELICIOUS,
EASY AND AFFORDABLE BANANA RECIPES, PLEASE VISIT
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