

Ideas

Recipes & Entertaining

4 Delish Recipes to Make With Sustainably Sourced Bananas

Walmart’s bananas are 100% sustainably sourced, which we think is grounds for celebrating—with bananas. Check out four of our top banana recipes that make it easy to whip up tasty, sustainably sourced banana treats for your favorite monkeys.

By: **Anne C.** | Walmart Ideas Editors





We love a good banana. And our customers seem to agree, since Walmart sells about 1 billion pounds of them a year.* But here's another delicious detail: Walmart's bananas are now 100% sustainably sourced. Which we think is grounds for celebrating—with bananas. Check out four of our top banana recipes that make it easy to whip up a bunch of yum for your favorite monkeys.

But do these [recipes](#) actually taste better when made with sustainable bananas? We think the planet would say Yes! If you're wondering what sustainable bananas are, read more about Walmart's sustainability efforts on our corporate website: walmart.com/sustainability

*Based on 2015 data

1. Banana bread

[Gold Medal Banana Bread](#)

Breakfast favorite and over-ripe-banana saving grace, banana bread is the humble hero of every [home baker](#). Endlessly customizable—make it low fat, add [ground flax seed](#) for health benefits, add [chocolate chips](#) for chocolate “benefits”—there

are so many ways to enjoy banana bread. Bake up a loaf today.

Get the recipe: [Banana Bread](#)

2. Banana pancakes

[*Whole Grain Banana Blueberry Pancakes*](#)

The smell of banana [pancakes](#) cooking in the morning might be one of life's greatest joys. And that's true whether you make them for a special holiday breakfast or freeze them ahead of time and [microwave](#) them in the morning for a [quick breakfast](#) on the go. The fiber in bananas (plus the whole wheat and oats in this recipe) helps to balance out the carb rush that pancakes can sometimes create. Thank you, banana.

Get the recipe: [Whole Grain Banana Blueberry Pancakes](#)

3. Banana smoothies (or smoothie bowls)

[*Banana Chocolate Chia Seed Smoothie*](#)

If there were an MVP of the [smoothie](#) game, it would undoubtedly be the banana. They can be used to thicken smoothies, to add nutrients and (if we're being honest) to mask the flavor of some of those good-for-you ingredients that can leave your taste buds feeling a little gloomy. Fear not: bananas to the rescue!

Get the recipe: [Banana Chocolate Chia Seed Smoothie](#)

4. Frozen bananas

When the weather warms and you hear the faint chimes of the ice cream truck, it's time to buy some [popsicle sticks](#) and get to making your own frozen banana pops. Sure, ice cream is classic and ice pops are great, but a homemade frozen banana with chocolate and your favorite toppings ([sprinkles](#), [nuts](#), [coconut](#), oh my!) is downright awesome. PS: We fully support whipping up these yummy treats even in the dead of winter.

Get the how to: [How to make chocolate-dipped frozen bananas](#)



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