WASTE LESS, TASTE MORE 031

Give Ripe Bananas a Banana Bread Future



SOFT AND SPECKLED CAN BE JUST RIGHT FOR BAKING.

Bananas that have become too soft to enjoy fresh can be ideal for banana bread. Instead of throwing away sound, overripe fruit, turn it into something to serve with coffee or offer overnight guests the morning after a dinner party.

1 Recognize baking-ready bananas

Look for heavily speckled skins and soft flesh. Use overripe bananas that are still sound, discarding any with mold or signs of spoilage.

Why: Overripe is useful for this recipe; spoiled fruit is not.

2 Choose a recipe and measure

Mash the peeled bananas and measure the amount your banana bread recipe requires.

Why: Bananas vary in size, and too much fruit can change the loaf's texture.

3 Bake now or freeze for later

If you are not ready to bake, peel the bananas and freeze in a suitable container. Label with the date and quantity or mashed volume.

Why: You can save them for a baking day rather than feeling obliged to use them immediately.

KITCHEN NOTES

Welcome overnight guests

Serve slices with coffee, yogurt, and fresh fruit for a relaxed breakfast.

Give it a dessert presentation

Pair a slice with a spoonful of cream or yogurt and a few berries.

Save extra slices too

Freeze individually wrapped slices in a freezer-rated bag so you can take out what you need.

THE PLATING MINDSET

A familiar homemade loaf can feel special when sliced neatly and served with care.