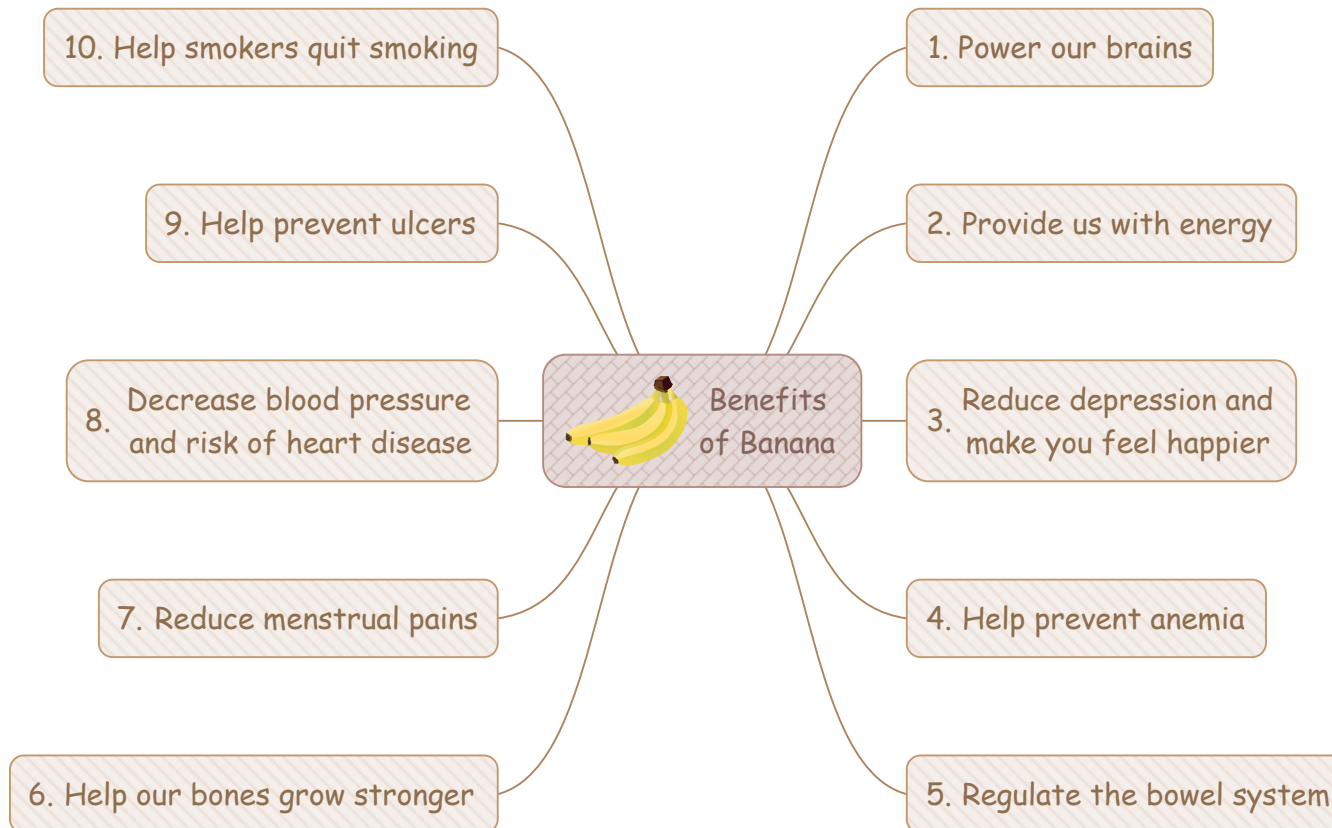
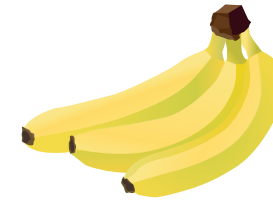


Benefits of Banana



Tips for Buying Bananas
If you want to eat them over the course of the week, choose those that have green tinges on the ends as they can be ripened later.

Tips for Storing Bananas
Store in a fruit bowl rather than the fridge, as the cold temperature will make the skins go black.