Jessie’s Food Science True or False Game!

Jessie loves science and learning how things work! Circle which food science facts you think are true!

1. Cutting onions releases a gas which causes a stinging sensation when it comes into contact with your eyes.
   - TRUE
   - FALSE

2. Tomatoes are technically a fruit.
   - TRUE
   - FALSE

3. Bananas or apple sauce can be added to baked goods to provide sweetness and moisture to replace part of the oil or butter.
   - TRUE
   - FALSE

4. An egg substitute can be made from the liquid of canned chickpeas. The liquid is called aquafaba.
   - TRUE
   - FALSE

Answers: all are true

Carlos’ Frozen Banana Tips

Go bananas! Adding bananas to bread, muffins, pancakes, and smoothies cuts down on added sugar and boosts nutrients. Try these tips:

- Peel and break bananas into 3 sections just before they get too ripe. Then stock them in a gallon-sized bag or airtight container in the freezer.
- Defrost bananas in the microwave and add them to baked goods.
- Use frozen bananas in smoothies.
- Eat them sliced and frozen plain, or dip them in melted chocolate before freezing them.

Orange Creamsicle Pops
Makes 2 servings

Ingredients:
- 1 cup fresh or store-bought orange juice
- ½ cup vanilla bean reduced fat ice cream

Directions:
1. Mix ice cream with a spoon into the juice.
2. Place in popsicle molds or enjoy the little floats of unmelted vanilla ice cream with the tangy and sweet flavored juice in a small glass!

Frothy Banana Shake
Makes 2 servings

Ingredients:
- 1–1 ½ cups of low-fat milk or organic fortified soy milk
- 1 ½–2 frozen bananas
- 1 tsp. Tahitian or Bourbon vanilla extract
- ½ tsp. cinnamon
- Dash of nutmeg

Directions:
1. Blend all ingredients until smooth.
2. Serve in a big frosted glass or mug.

The Super Crew’s Tasty Treats

Summer isn’t officially over until September 23rd. Enjoy some of the Super Crew’s sweet and cool treats to make summer last!

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