

POTASSIUM

They're yellow and fearless.

Bananas are tall, thin, and good for you. Now isn't that what you've always been looking for? Just remove the peel to reveal a soft, sweet, flesh within. Now the possibilities begin. Bananas are best known as a tasty snack by themselves. They're also great for cooking, as banana chips, as a dried treat, for making jam, or as a juice. More than versatile, bananas are good for you as well. The nutritious fruit provides energy and improves digestion. Potassium from bananas is an important component for a number of body functions. They've served primates everywhere for hundreds of years.

Don't be yellow. Try a banana.

