

A DELICIOUS ALTERNATIVE TO GRAIN FLOUR

GLUTEN FREE

USDA ORGANIC

CONTAINS ABOUT 2 CUPS BY VOLUME

LET'S DO ORGANIC

GREEN BANANA FLOUR -ORGANIC-



NET WT 14 OZ 396g



FIND RECIPES AT BANANAFLOURRECIPES.COM

LET'S DO ORGANIC



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Product of India
Certified organic by QAI
edwardandsons.com
93014 USA

Edward & Sons Trading Co., Inc.
Edward PO Box 1326
Carpinteria, CA
Green Banana Flour is a gluten free food.
Organic Green Banana Flour.
Ingredients:

Amount per serving	40
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber less than 1g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	
Vit. D 0mg	0%
Calcium 7mg	0%
Iron 0mg	2%
Potassium 65mg	1%

Nutrition Facts
About 36 servings per container
Serving Size 1 Tbsp (11g)
Amount per serving
Calories 40

ORGANIC GREEN BANANA FLOUR
LET'S DO ORGANIC

Organic certification assures you of sustainable farming practices, which nourish soil, protect biodiversity and provide a premium to farmers. Consistent with our use of GMOs and other unwelcome ingredients.



See more recipes at bananafLOURRECIPES.COM



No Bake Banana Treats Makes about 8 treats
3 Tbsp Let's Do Organic®
3 Tbsp Banana Flour
3 Tbsp Native Forest®
1 1/2 Tbsp Organic Coconut Oil and mix well.
1 1/2 Tbsp Cocoa powder
3 Tbsp Nut butter
3 Tbsp (we like cashew) Agave syrup
Let's Do Organic®
3 Tbsp Shredded Coconut for rolling the balls in
Optional: Chopped almonds, walnuts, raisins, dried cranberries...

In a bowl, combine all ingredients (minus shredded coconut) and mix well.
Refrigerate for 10-15 minutes if mixture is too thin to form balls.
With a tablespoon, scoop batter and form into balls, and roll in shredded coconut until well coated.
Refrigerate and enjoy!

To create Let's Do Organic® Green Banana Flour, we pick and peel young, organic green bananas before most of their starch has a chance to ripen into sugar. We dry them carefully to protect their mild flavor and to maximize their resistant starch, praised by nutritionists for promoting a feeling of fullness, while supporting friendly digestive bacteria. Finally, we mill them into a fine, gluten-free flour, well-suited to many special diets.

Baking with Let's Do Organic® Green Banana Flour imparts a smooth texture and subtle, delicious flavor to cakes, pastries and more. When replacing grain flour in baking recipes, use 25% less green banana flour (ex: if recipe calls for 1 cup of wheat flour, replace with 3/4 cup of green banana flour).

No extra eggs or liquid ingredients are needed. Let's Do Organic® Green Banana Flour has many other uses. Stir into your favorite gravy or sauce to thicken and enhance nutritional profiles. Add to shakes and smoothies for added beneficial resistant starch. Tasty, versatile and nutritious, Let's Do Organic® Green Banana Flour is sure to become a cherished addition to your pantry.

Try our recipes and experiment with your own. Enjoy!

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