

A DELICIOUS ALTERNATIVE TO GRAIN FLOUR

GLUTEN FREE



CONTAINS ABOUT 2 CUPS BY VOLUME

Let's Do Organic

GREEN BANANA FLOUR -ORGANIC-



NET WT 14 OZ 396g



FIND RECIPES AT EDWARDANDSONSRECIPES.ORG

Let's Do Organic



Convenience Without Compromise®
email: customers@edwardandsons.com

Product of India
Certified organic by GAI
edwardandsons.com
93014 USA
G Sons, Carpinteria, CA
Dist. by: Edward & Sons Trading Co., Inc.
Organic Green Bananas.

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Nutrition Facts
About 36 servings per container
Serving Size 1 Tbsp (11g)
Amount per serving
Calories 40
% 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%	0%
Protein	0g	0%
Vitamin D	0mg	0%
Calcium	6.5mg	0%
Potas.	65mg	2%
Iron	0.2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Let's Do Organic
ORGANIC GREEN BANANA FLOUR

USDA ORGANIC
Organic certification prohibits the use of GMOs and other unwelcome ingredients. Choosing organic foods benefits our farmers, our families and our planet.

See more recipes at edwardandsonsrecipes.org

No Bake Banana Treats
Makes about 8 treats

3 Tbsp Let's Do Organic®
Green Banana Flour
3 Tbsp Native Forest®
shredded coconut
3 Tbsp Organic Coconut Oil
and mix well.
1 1/2 Tbsp Cocoa powder
Refrigerate for 10-15
minutes if mixture is too
thin to form balls.
3 Tbsp Nut butter
3 Tbsp Agave syrup
Let's Do Organic
Shredded Coconut
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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