



Baking with **Let's Do...Organic®** Green Banana Flour will impart 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 (example: if your 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.

Banana Flour has many other uses. Stir it into a favorite gravy or sauce to thicken and enhance nutritional profiles. Or simply add it to your shakes and smoothies for added iron, potassium and beneficial resistant starch. Tasty, versatile and nutritious, Green Banana Flour is sure to become a cherished addition to your pantry. Try our recipes and experiment with your own. Enjoy!

Organic Green Banana Flour Pancakes

- ½ cup Let's Do...Organic® Green Banana Flour
- 3 Eggs or replacement
- 1½ tsp Baking powder
- 1 Tbsp Vanilla
- 1 Tbsp Sugar or coconut sugar
- Pinch Salt
- ½ cup Almond milk
- ½ Tbsp Apple cider vinegar

Place all ingredients in a hi-speed blender and blend until smooth. Let the batter rest for a couple of minutes before using.

Pour batter into a medium-hot skillet and fry in a bit of melted butter (or alternative) until golden brown and fluffy. Flip and cook the other side for about 45-60 seconds or until golden brown. If the batter becomes too thick, add a little water and blend again. Optional: sprinkle chocolate chips, blueberries onto batter while cooking the first side. Bon appétit!