



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.

Let's Do...Organic® Green 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, 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!

Organic Green Banana Flour Pineapple Date Bites

- 1/2 cup Pitted dates
- 1 can Native Forest® Crushed Pineapple (drained)
- 1 cup Let's Do...Organic® Green Banana Flour
- 1/2 cup Let's Do...Organic® Shredded Coconut

Empty the can of pineapple into a colander with a bowl underneath to catch the juice (and enjoy drinking later). In a food processor, pulse the dates until almost smooth. Add the drained pineapple and pulse until well mixed. Add banana flour and blend until smooth. Let the mixture rest for about 10 minutes. Roll into balls and roll in the shredded coconut. Store in fridge. Option: roll in chopped nuts.
Yield: 24 - 40 bites depending on size.