

Organic Green Banana Flour Recipes



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!



Vegan & Gluten Free Banana Flour Pierogies

- 3 Tbsp Ground Flax
- 6 Tbsp Water
- 1 cup Let's Do...Organic® Banana Flour
- 2/3 cup Let's Do...Organic® Arrowroot Starch
- 2 Tbsp Vegetable Oil
- 1/4 tsp Salt
- 1/4 cup Water

In a bowl, mix the ground flax and 6 Tbsp water and let sit until it thickens.

In a separate bowl, mix the Green Banana Flour, arrowroot starch, oil and salt. Mix in the ground flax slurry and 1/4 cup of water. Knead the dough until it can be shaped into a ball. Roll out the dough between two sheets of plastic wrap or parchment paper to an 1/8 of an inch thickness. With a round cookie dough cutter or a wide mouth glass cut out circles of the dough.

Place a small amount of filling (options below) in the center of each round. Fold the dough over and crimp the edges, making sure there are no openings.

Place pierogies in a pot of boiling water and cook until they float to the top (for about 2-4 minutes)

Filling options: Mashed potatoes, fried onions & garlic, sautéed mushrooms: the possibilities are endless!

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Banana Flour Flatbread

- 1 cup Native Forest® Organic Coconut Milk
- 4 Eggs
- 1/2 cup Let's Do...Organic® Green Banana Flour
- 1/2 cup Let's Do...Organic® Tapioca Starch / Flour
- 4 tsp Baking powder
- 4 cloves Garlic, minced (about 2 tsp)
- 1/2 tsp Fine grain sea salt

Place all ingredients in a food processor and mix until smooth. Let batter rest for 5-10 minutes to allow time for the flour absorb the liquid and the baking powder to activate.

Slowly pour some batter in a frying pan over a med-high heat allowing it to creep to the edges. Fry for about 5 minutes. When bubbles form and pop, it is time to flip with a spatula and cook the other side.

Great served with hummus !

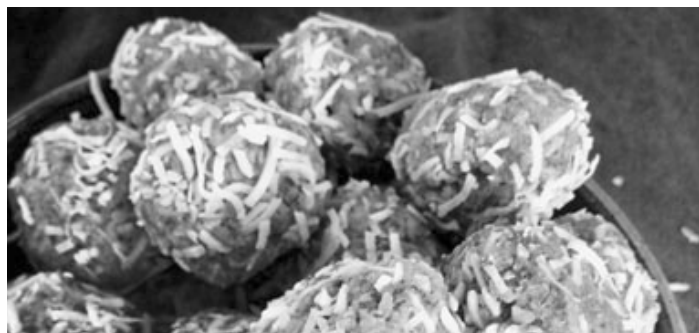


No Bake Banana Flour Bites

- 3 Tbsp Let's Do...Organic® Banana Flour
- 3 Tbsp Native Forest® Organic Coconut Oil
- 1 1/2 Tbsp cocoa powder
- 3 Tbsp Nut butter (we like cashew)
- 3 Tbsp Agave syrup

Let's Do...Organic® Shredded Coconut for rolling balls in Optional: Chopped almonds, walnuts, pecans, raisins, dried cranberries...

In a bowl, combine all ingredients (minus the shredded coconut) and mix well. Sprinkle shredded coconut onto a plate. With a tablespoon, take batter and roll into balls. Then roll the balls in the shredded coconut until well coated. Refrigerate and enjoy! Yield: 4-8 tasty bites (depending on size).



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.



Gluten-Free Banana Flour Pineapple Upside Down Cake

- 1 can Native Forest® Organic Pineapple Slices (drained)
- 4 Tbsp Butter or vegan alternative
- 1 2/3 cup Let's Do...Organic® Banana Flour
- 1/2 cup Coconut Sugar
- 1/2 cup Coconut Syrup (or agave)
- 3 Tbsp Egg replacer dissolved in 6 Tbsp of water
- 2 ripe Bananas, mashed
- 2/3 cup Let's Do...Organic® Shredded Coconut
- 3/4 tsp Baking soda

Preheat the oven to 350°F.

Grease a 8x8-inch square pan and layer the sliced pineapple at the bottom of the pan and sprinkle a little coconut sugar over the pineapple slices.

In a mixer, beat the butter, sugar, and syrup.

Add the egg replacer and mix again.

Stir in the bananas, flour, baking soda and shredded coconut until well blended.

Spread into the prepared pan. Bake 30-40 minutes or until the top is golden brown.

With a knife or spatula, separate the cake from the sides of the pan. Invert onto a plate and enjoy!