

Organic Banana Flour



This Organic Banana Flour is made in Australia from Organic Cavendish bananas – grown using bio-dynamic farming techniques, without synthetic chemicals or pesticides, in the Atherton Tableland region of FNQ. The peeled bananas are naturally processed at a low temperature using gentle, low speed milling techniques. Organic Banana flour is made without any grains, is free from artificial colours, flavours or preservatives and is non GMO. Banana flour has a delicious, natural earthy flavour, that doesn't distinctively taste of bananas. It is a pale brown colour with a light texture that is great for baking recipes, savoury or sweet dishes and a wonderful all-purpose flour.

How to Use:

This delicious Organic banana flour can be used in any sweet or savoury recipe calling for plain or all-purpose flour. Use it in patties, to coat fish and seafood before grilling for a taste sensation, or stir into curries and soups. Yummy in pancakes, puddings and raw desserts.

Banana flour is great in baking recipes, rising beautifully to make light, fluffy cakes and bread. Scrumptious in pastry, seed loaves and fruit bread, muffins and cookies. To use as self-raising flour just add 1-2 tsps. of baking powder to 1 cup of flour.

As this flour does not naturally contain gluten it is best to let dough or batter rest for up to 30 minutes in the fridge, unless a recipe says bake immediately. Using a thicker batter also gives good results. Banana flour binds well with eggs or pre-soaked chia seeds.

Ingredients:

Organic Dried Cavendish Bananas.

Preservative Free, Non GMO, No Added Sugar. Paleo.

Allergens:

No Known Allergens. **This product may contain traces of Allergens.**

Storage:

Store in an air tight container in a cool, dry place, away from direct sunlight. Refrigeration recommended in warm climates.

Shelf Life:

Up to 24 months when stored as above. See Best Before date.

NUTRITION INFORMATION	
Serving size:	50 g

	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	708 kJ	1415 kJ
Protein	1.55 g	3.1 g
Fat, total	<1.0 g	<1.0 g
– saturated	<1.0 g	<1.0 g
Carbohydrates	37.75 g	75.5 g
– sugars	<1.0 g	<1.0 g
Sodium	<5 mg	<5 mg
Dietary Fibre	4.0 g	8.0 g