



GREEN BANANA FLOUR

Green Banana flour is a high starch content & a gluten free flour with a rich source of multi-fibre, Potassium, Magnesium, Calcium also protein with low carbohydrates including some retention of its rich antioxidants. Uniquely most of its starch was a Resistant Starch (RS2) type which boasts a huge range of health benefits that just can't be underestimated.

Resistant Starch & fibre

Resistant Starch that does not undergo digestions or absorptions in intestine & ferment in the gut which boasts a huge health benefits to human body. Producing substances which are beneficial acts as a prebiotic and increases the number of beneficial bacteria in our guts. Those good bacteria ferment the undigested fibre/starch that reach the gut to feed on them including producing short-chain fatty acids (SCFA) mainly butyrate appears to have a key role in improve our metabolism, helps us absorb food, produce probiotics that builds our immune system, reduce & help preventing several problems such as inflammatory bowel diseases, colon cancer, or multisystem organ failure.

The Resistant Starch & the fibre proven very effectively maintain glycaemic, controlling blood glucose health, improves insulin sensitivity, also preventing the development of heart disease and bowel cancer.

Green Banana flour slims, because it inhibits hunger and reduces appetite by causing a feeling of satiety, therefore include the green banana flour in the diet can be a good option and slimming results start appearing on average after two weeks of used.

It has a hint of banana flavour but once it becomes baked into your final creations the taste has an earthy wholesome flavour.



Application & uses

With a subtle, earthy flavour, green banana flour works well in both sweet and savoury products. Its can be used alone to replace wheat flour or mix/blend with.

- * Mixes for savoury gluten-free recipes, such as breads & bars.
- * Mixes for sweet gluten-free recipes, such as pancakes, waffles, muffins, and cakes
- * Mixes for baked goods that require a denser texture, such as cookies and fudgy Brownies.
- * As a gluten-free thickening agent for boxed gravy, pudding, dessert mixed, sauces, condiments & soup mixes
- * Baby food: Green banana flour, especially from organic farms is a popular ingredient in baby food. It is widely used in India and is expected to spread in the Middle East.
- * As a healthy gluten-free smoothie or milkshake ingredients.
- * To make gluten-free, high fibre & low-carbohydrate pasta, noodles, gnocchi ect.
- * Add as a supplement to smoothies and other drinks to get the maximum benefits of Resistant Starch.

Banana flour adds a thick creamy texture to our dressing and dips which gives thick and creamy consistency. Also adding creaminess to products without the need to use dairy ingredients like buttermilk or 'modified milk ingredients.

Green Banana flour contain high multi-fibre, micronutrients with low in calories & fats unlike most of others gluten-free products which lower in fibres, micronutrients and higher in fat and calories.

The food industries that are looking for gluten-free, grain-free, good fibre and low-carb flour, you can't ignore Green Banana flour. This superfood is as nutritious as it is versatile. It is capturing attention because it is rich in nutraceuticals and has many health benefits.

It is becoming popular in western countries because markets are looking for it's good Resistant starch, gluten free & low-carb substitutes for wheat. As it is not milled from grains, this flour is gluten-free and good for people who are gluten-intolerant or celiac.

