

FoodnSport Presents

15 Ways To Enjoy Bananas



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I. Banana Milk

Ingredients:

- 5 bananas
- 1/4 cup water, or more as desired

Directions:

1. Place bananas and water into blender.
2. Blend, adding additional water as needed, until the desired consistency is reached for your taste.
3. Enjoy!



2. Vanilla and Carob Smoothie



Ingredients:

- 6 bananas
- 1/2 cup water
- 1 vanilla bean
- 1/8 cup carob powder

Directions:

1. Blend 3 bananas with 1 vanilla bean and 1/4 cup water.
2. Blend 3 bananas with 1/8 cup carob powder and 1/4 cup water.
3. Enjoy the smoothies!

3. Banana Date Spinach Smoothie

Ingredients:

- 6 bananas
- 4 Medjool dates
- 1 cup spinach
- 1/4 cup water, or more as desired

Directions:

1. Place bananas, dates, spinach, and water into blender.
2. Blend, adding additional water as needed, until the desired consistency is reached.
3. Enjoy!



4. 1-2-3 Oatmeal



Ingredients:

- 4 bananas, peeled
- 6 dates
- 2 apples
- 1 tsp cinnamon, optional

Directions:

1. Place all of the ingredients into a food processor.
2. Blend to an oatmeal like consistency.
3. Enjoy!

5. Banana Wrap

Ingredients:

- bananas
- cinnamon

Directions:

1. Place all ingredients into blender.
2. Blend until a smooth consistency is reached. (You may have to push the bananas down, while pausing the blender, to help the process along.)
3. Pour onto Parafflex sheets and dehydrate at 118F for 8-12 hours, or until you can peel them off the tray.
4. Enjoy as pancakes or wrap lettuce and other fruits into tasty morsels. There are so many ways to go with this recipe.



6. Dried Bananas



Ingredients:

- 10 bananas

Directions:

1. Peel the bananas and place them onto the dehydrator trays.
2. Dehydrate at 118°F for 3-4 hours, or until dry to your preference.
3. Enjoy!

7. Banana Romaine Smoothie

Ingredients:

- 8 bananas
- 7 Romaine lettuce leaves

Directions:

1. Add bananas and romaine leaves into the blender.
2. Blend until smooth.
3. Enjoy!



8. Banana Ice Cream with Figs



Ingredients:

- 3 cups frozen bananas
- fresh figs

Directions:

1. A divinely simple combination with exquisite taste; all that is required for this recipe is to process the frozen bananas in the food processor until a consistent ice cream like texture forms. At this point, one may also add in vanilla, cinnamon, or another flavor alteration.
2. Slice the figs into quarters and place on top of banana nice cream.
3. Enjoy!

9. Blueberry Banana Ice Cream

Ingredients:

- 2 cups frozen bananas
- 1 cup frozen blueberries

Directions:

1. Place the frozen bananas and frozen blueberries into a food processor and process into a smooth ice cream texture.
2. Enjoy the sweetness of simplicity!



10. Banana Celery Smoothie



Ingredients:

- 8 bananas, peeled
- 4 stalks of celery
- 1/4 cup water, or more as desired

Directions:

1. Place bananas, celery, and water into blender. Blend, adding additional water as needed, until the desired consistency is reached.
2. Enjoy!

II. Banana Chips

Ingredients:

- bananas

Directions:

1. Slice the bananas very thinly. Using a mandolin will allow for the easiest assurance that the chips are uniform thickness.
2. Place the sliced bananas onto a Parafflex dehydrator sheet and dehydrate on 118°F until the bananas reach desired dryness. Flipping the banana slices over, after the tops have dried will speed up the process.
3. Enjoy these crunchy delights!



12. Banana Date Smoothie



Ingredients:

- 6 bananas
- 6 Medjool dates
- 1/4 cup water, or more as desired

Directions:

1. Place bananas, dates, and water into blender.
2. Blend, adding additional water as needed, until the desired consistency is reached.
3. Enjoy!

13. Banana Cereal with Strawberries

Ingredients:

- 4 bananas
- 1/2 cup dried strawberries
- 1/4 cup water
- 1/4 tsp cinnamon

Directions:

1. Blend 3 bananas with 1/4 cup water to form a banana milk. Pour into a bowl and set aside.
2. Slice the remaining banana and toss it, along with the dried strawberries, into the banana milk.
3. Sprinkle with cinnamon, grab a spoon, and enjoy!



14. Bananas with Date Sauce



Ingredients:

- 6 Medjool dates, pitted
- 4 bananas, peeled
- 1/4 cup water, or more as needed

Directions:

1. Blend up the dates and water into a sauce.
2. Pour over sliced bananas.
3. Enjoy!

Calories: 820

Breakdown: 95/3/2

15. Cinnamon Rolls

Ingredients:

- 4 bananas
- 1 1/4 cup dates
- 1 tsp cinnamon
- 1/4 cup water, or more as needed
- 1 vanilla bean
- 1/4 cup raisins
- 1/8 cup water, or more as needed

Directions:

1. Peel the bananas and slice into thirds, creating flatter strips.
2. Dehydrate these banana strips for a few hours at 118°F, or until dry enough to roll up.
3. While the banana strips are dehydrating, prepare the cinnamon date filling and the glaze.
4. Blend together the water, cinnamon and 1 cup of dates. This is the cinnamon date filling.
5. Blend together the remaining 1/4 cup of dates, 1/4 raisins, vanilla, and 1/8 cup water. This is the glaze.
6. Assemble the cinnamon roll by spreading the cinnamon date filling on the partially dried banana strips. Then roll into a cinnamon roll.
7. Spread the glaze atop the cinnamon rolls and dehydrate for a couple hours more.
8. Enjoy!





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