Glimpse into Foodie Friday – week 47 – banana

Today's Foodie Friday ingredient is the humble banana!!



These delicious fruits are a quick and easy hit of carbohydrates, which normalise blood sugar levels, and so are great for sustained energy, workout fuel, and maintaining a good mood and a clear and effective mind. Bananas are a great source of fibre, antioxidants and some important vitamins, such as B6 and C. They can even help prevent and fight some cancers. Due to their no fat, low salt and high potassium combination, they are a fantastic food for maintaining a healthy blood pressure. Bananas also have a pretty neat trick up their sleeve. Due to their low calorie content combined with their ability to be very filling, they have a high satiety index. This means it is fairly impossible to get fat on bananas! In terms of fructose content, bananas are safe for most of us on a fructose restricted diet. This is because the fructose and glucose content is fairly equal.



I use bananas in a lot of my baked treats

and smoothies as they are a delicious thickener and a great egg replacement. They are also awesome by themselves, or sliced up with a few shakes of cinnamon on them. It is great to keep some sliced bananas in the freezer so that you always have some to use. Frozen bananas can be used in recipes such as “icecream”, smoothies, or defrosted for cakes.

Here is a very simple recipe for you which you can knock up when 3:30-itis hits!!



Choc dipped bananas

1 tablespoon of coconut oil
1 tablespoon of maple syrup
1 tablespoon of cocao
1 banana

Mix the oil, syrup and cocao til combined well. You may like to adjust the ratio to suit your taste preference.
Dip the banana into the mixture. The banana can be whole or sliced.

You may like to eat it as is, runny and straight out the bowl. Otherwise, try setting the chocolate by placing the dunked banana into the fridge or freezer til set to the desired

firmness. Keep in mind that the banana may brown slightly. If you are not on a nut or seed free diet, you may like to also smear the banana with your favourite nut butter or tahini too!



Here are some other recipes on my blog which contain banana.

Choc banana quinoa cookies
Nut and seed banana bread
Spicy banana slab
Quinoa pancakes
Choc nut smoothie
Green smoothies