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## The Best 50 Banana Recipes

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By David Woods

Taylor Trade Publishing. Paperback. Book Condition: new. BRAND NEW, The Best 50 Banana Recipes, David Woods, Bananas are an almost perfect food. A large, ripe banana contains only 100 calories; is very low in sodium, high in potassium and fibre, and a good source of Vitamins A, B6 and folic acid; is often the first solid food offered to infants; and is one of the last solid foods managed by the aged. Bananas are easy to digest and great for hypoallergenic diets. In short - an almost perfect food! Here are 50 great banana recipes including breakfast, shakes, sandwiches, main dishes, and desserts.



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