

## The Best 50 Banana Recipes (Paperback)



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### ***Reviews***

*Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

***(Mr. Roger Luettgen III)***

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Taylor Trade Publishing, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. 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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