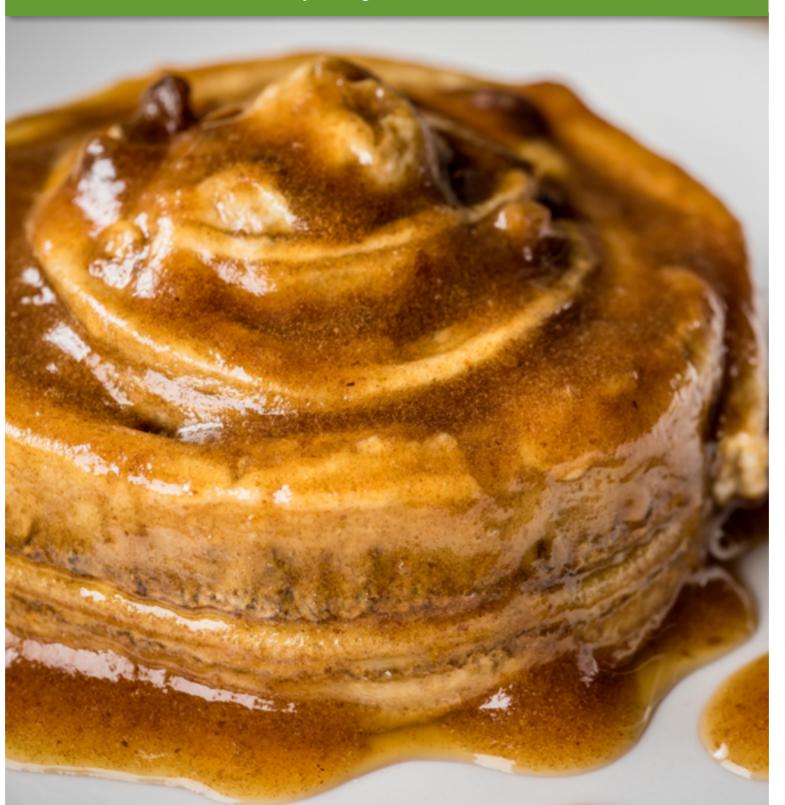
FoodnSport Presents

To Enjoy Bananas



15 Ways To Enjoy Bananas



1. Banana Milk

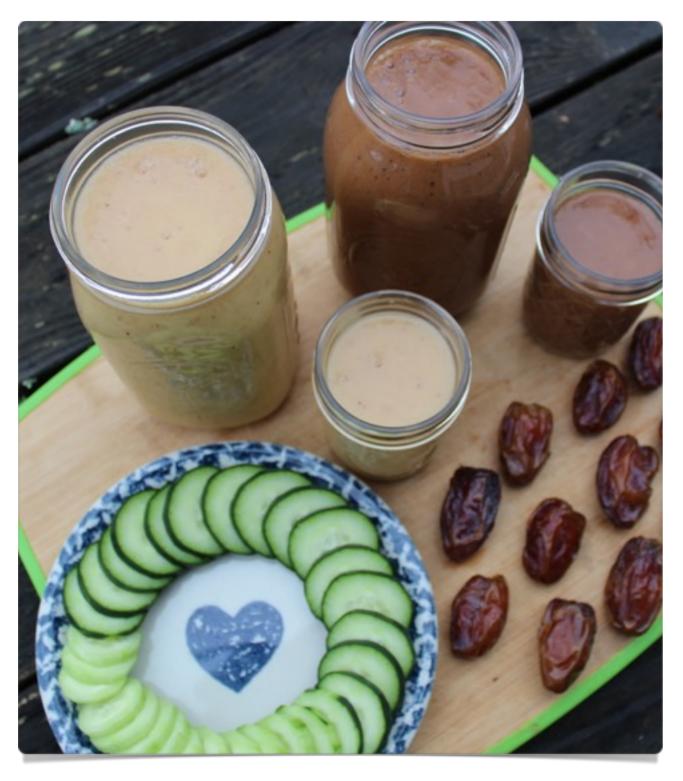
Ingredients:

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

- 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

- 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

- 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

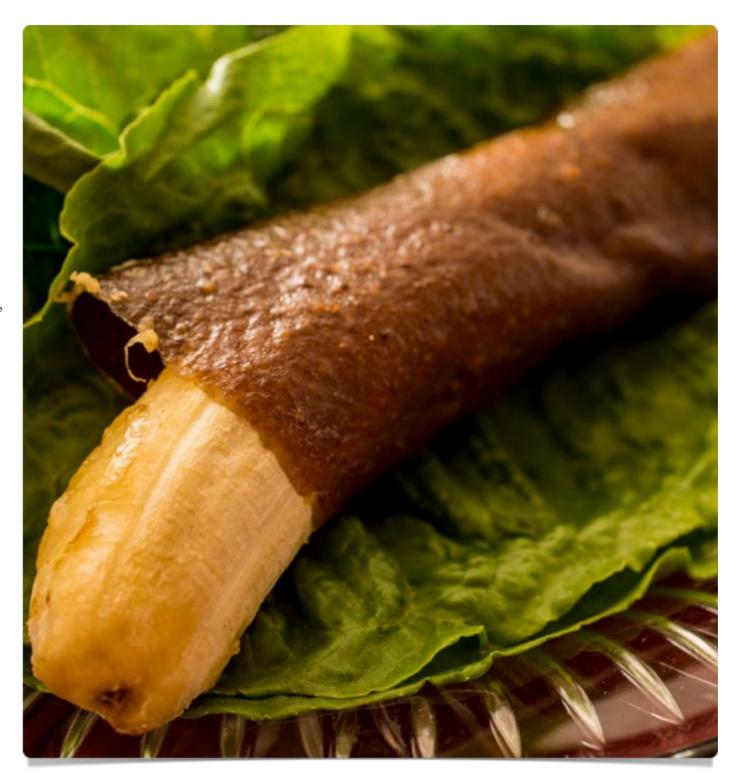
- 1. Place all of the ingredients into a food processor.
- 2. Blend to an oatmeal like consistency.
- 3. Enjoy!

5. Banana Wrap

Ingredients:

- bananas
- cinnamon

- 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

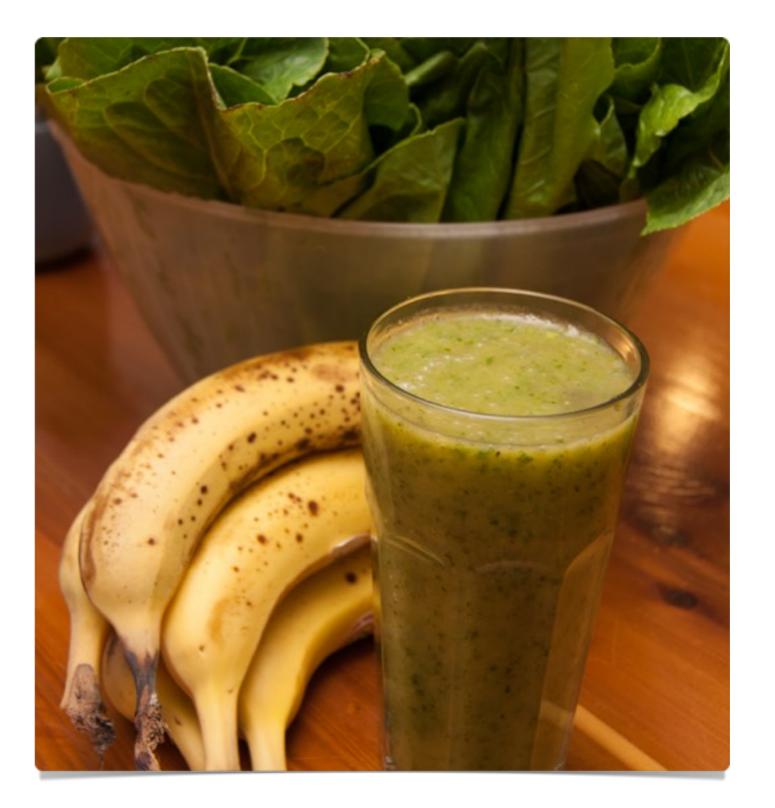
- 1. Peel the bananas and place them onto the dehydrator trays.
- 2. Dehydrate at 118°F for 3-4 hours, or until dry to your preference.
- 3. Enjoy!

7. Banana Romaine Smoothie

Ingredients:

- 8 bananas
- 7 Romaine lettuce leaves

- I. 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

- 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

- I. 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

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

11. Banana Chips

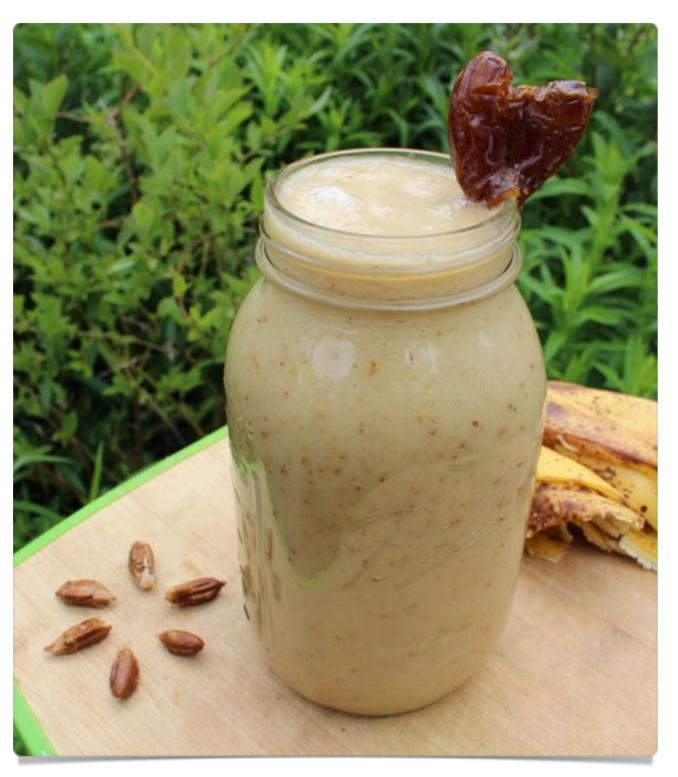
Ingredients:

• bananas

- I. 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

- 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

- 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
- I 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

- I. 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 I 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!





Retreats and Programs to Further Your Skills!





in September



in October





