

RECIPE E-BOOK

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# COOKING WITH GREEN BANANA FLOUR

using this unique flour to make  
deliciously **SWEET & NUTRITIOUS** dishes

- free from many common allergen ingredients -



created by Aimee Clark  
[www.primalinfluence.com](http://www.primalinfluence.com)

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Aimee Clark  
4/9 Norman Avenue  
Maroochydore QLD Australia 4558

Primal Influence  
info@primalinfluence.com  
www.primalinfluence.com

## **Dedications**

Special thanks to Daniel Barrett (AKA 'The Aussie Paleo Chef') who bought me my first bag of green banana flour, showed me a couple of ways to use it and got me hooked! Thanks for all of your knowledge, time, inspiration and of course, your friendship Chef!

Thank you to my partner Clint for putting up with all the kitchen messes I made, last minute trips to the shops to grab ingredients for my recipe experiments and for eating all my creations; the successes as well as the failures!

I'd like to thank my mum Robyn for all her continued support and encouragement, helping me to believe in myself, go for my dreams and giving me confidence to always move forward in life.

I'd also like to thank all of our social media followers, friends and workshop attendees who supported me throughout this journey of creating these recipe e-books, and who have kept bugging me to finish them for their own benefit, it gave me the push I needed at times!

# About this e-Book

**Hi!**

I'm Aimee, co-owner of Primal Influence along with my partner Clint.

Both Clint and I are big fans of green banana flour because it easily replaces grain flours to create really tasty and healthy dishes. We don't feel good when we eat a lot of nuts (even when activated) or cooked foods with nut and seed meals, which are in so many Paleo recipes, so to come across a grain-free and healthier flour to cook with that doesn't leave us feeling bloated or sick... it's a winner!

Green banana flour doesn't always work exactly the same as regular wheat flour... what does?! But I've been experimenting with it for many, many months now and have found quite a few ways it does work really well. It's such a new product, there's very little about it on the internet in terms of how it works in with Paleo, so it's been quite a ride creating and playing with it in the kitchen and I'm really excited to share my recipes with you!

I hope this e-book helps you become confident using green banana flour in the kitchen! Please feel free to send me photos of your amazing creations!

*Aimee x*



## What's included?

**LOTS!**

**In this e-book you'll find information about...**

- What green banana flour is and how it's made
- The many health benefits
- A variety of my favourite sweet recipes all using green banana flour - some exclude nuts, seeds, eggs and all exclude dairy, gluten, legumes and grains
- Plus stacks of flavour and ingredient combination suggestions and tips and tricks!

**Enjoy!**



let's  
get started!

## What is Green Banana Flour?

Green banana flour is simply the flesh of harvested Lady Finger and Cavendish green bananas (not yet fully ripened) ground into a powder. Because the flesh is high in starch at this point it's quite firm, not at all sweet, and can easily form a 'flour' texture when ground down.

Natural Evolution Foods have created two varieties of green banana flour to cook with:

The green **Lady Finger** bananas contain the "highest levels of resistant starch in the world. Resistant starch is a food source that resists digestion in the small intestine and offers the consumer some very unique health benefits. It's rich in vitamins, minerals, dietary fibre and bio-actives." This type of green banana flour is best used as a supplement to improve health, whereas the green **Cavendish** banana flour is used as a **general baking flour** and is the product used in the following recipes.

## What are the benefits of consuming it?

**Allergy-friendly:** It's free from gluten, grains, dairy, nuts, soy, sugar, eggs, and preservatives.

**The lows and highs:** It's low GI, low fat and high in many vitamins and minerals including potassium, zinc, magnesium, Vitamin E and manganese.

**Carefully processed:** This all-natural, bio-dynamically-grown product is made with minimal processing and heating to ensure quality and high levels of nutrients remain.

**Resistant starch:** Resistant starch can be good for digestion and can help people feel fuller for longer without bloating,

**Ease of use:** It's a great flour alternative for most baked dishes. It can be used for both sweet and savoury dishes. When swapping for regular gluten flours, 25% less is needed, meaning it goes a long way. It's also easy to store and keeps for a fair while.

an excellent  
pantry staple



"Resistant starch is extremely good for the digestion of the body and well-being of the body as it will keep you feel fuller for longer without bloating"

# Recipe List



**Chocolate Mud Birthday Cake**



**Pancakes with Caramel Sauce**

**Orange Cream Biscuit Sandwich**

**Fudgy Chocolate Brownies with Vanilla Custard**



**Strawberry Mousse Tarts with Chocolate Drizzle**

**Carrot Cake with Lemon Frosting**

**Banana Bread**



**Apple & Blueberry Crumble**

**Christmas Gingerbread Biscuits with Coloured Icing**

# Before you start cooking...

Here are some ingredients explained so you don't accidentally consume something you don't want to or can't, and can choose the healthiest options for you and your family...

**Bicarb (Bicarbonate) Soda:** most brands contain aluminum and I've found many health food stores stock brands that don't, so it might be worth asking around to source a safe brand.

**Baking Powder:** supermarket brands tend to contain rice and/or gluten whereas health food stores usually provide a few options without these. Read labels, and ask in-store if you're unsure.

**Pure Vanilla:** the common variety of vanilla flavourings for baking contain ingredients including cane sugar, glucose, artificial preservatives and alcohol, but there are healthy options available such as vanilla bean pods, pure pastes and powders. When you find these in health food stores you'll notice they're more expensive but most are organic and you can literally smell the difference in quality and taste the difference in flavour!

**Honey:** I always buy and use locally-sourced raw honey, even though when I cook it it's no longer raw. When it's not being cooked (when making frosting and some other recipes), it still contains all its natural health benefits. Buying local honey helps support small farmers as well.

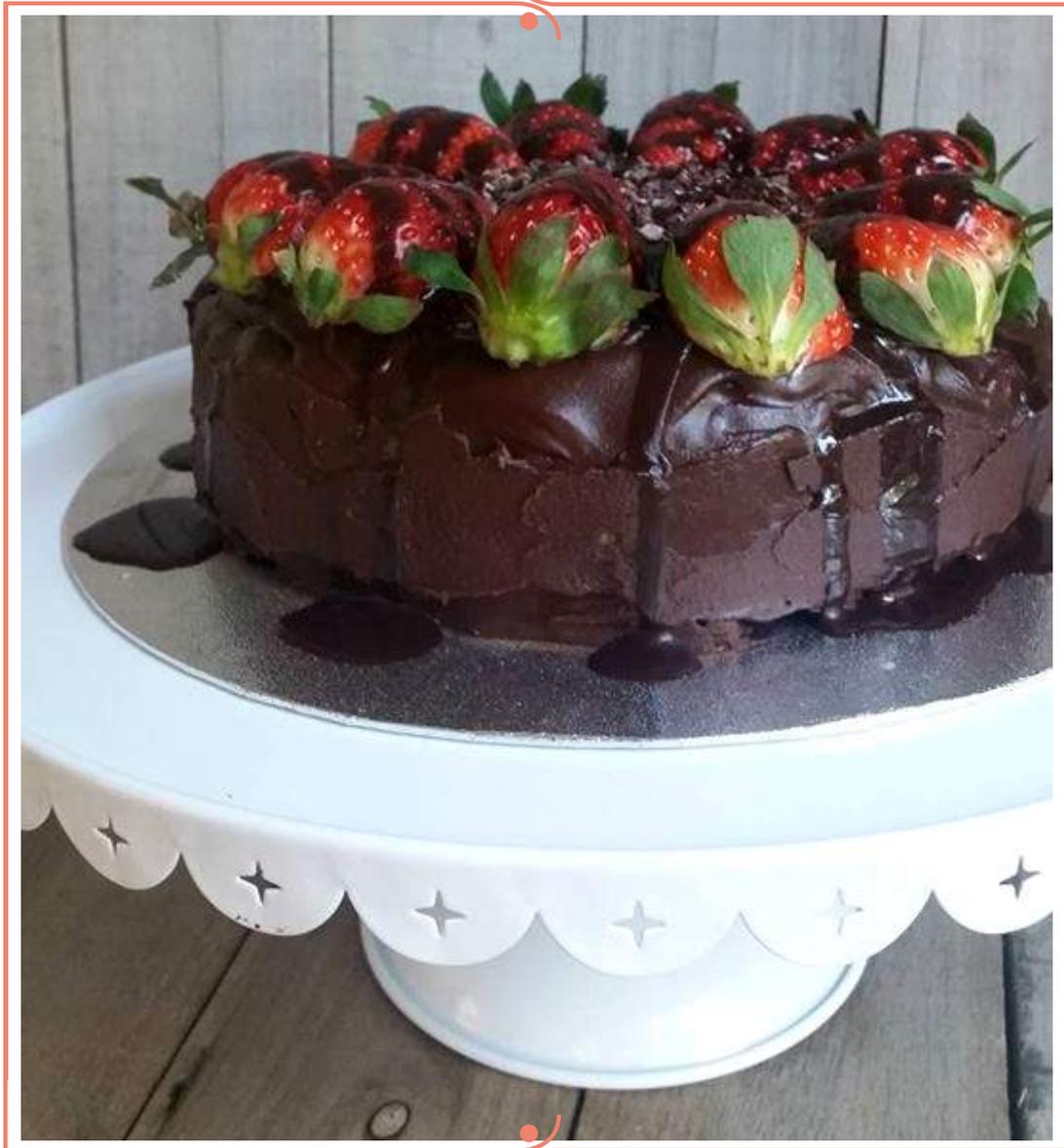
**Cocoa vs Cacao:** I prefer the taste of cocoa powder because it's rich and chocolatey. Cacao is raw so when it's used in cooking it loses a lot of the health benefits, plus it has a very bitter taste. I only use organic cocoa to ensure I'm avoiding the high level of chemicals in conventionally produced varieties. My favourite brand is Organic Times because it's the nicest I've ever tried. Use cacao if you prefer to of course!

**Coconut Milk/Cream:** Not all are created equal! Read the labels of different cans and tetra packs of coconut milk and creams and you'll notice many contain sugars, oils, thickeners and preservatives. Even some organic varieties contain these. It's not necessary, and often these added ingredients cause digestive problems. Most supermarkets, health food stores and even Asian grocery stores stock pure varieties, just remember to read the labels. I use Ayam for most of my cooking.

**It's also worth pointing out** that foods made with green banana flour are usually best consumed just cooked or within the space of a few hours, as the starch changes once cooled and can alter the texture and flavour of the food. For example, biscuits are definitely nicer eaten freshly baked, as they can start to have a staleness if left overnight, especially in the fridge. This is one of the quirks of cooking with this type of resistant starch!



# Chocolate Mud Birthday Cake



## INGREDIENTS

- Cake*
- 1 cup blanched almond meal
  - 1 cup green banana flour
  - 1/4 cup coconut flour
  - 3/4 cup organic cocoa powder
  - 1 tsp pure vanilla
  - 1/2 cup coconut sugar (swap for up to 3/4 cup honey if you prefer)
  - 1 tsp bicarb soda
  - 1 tsp baking powder
  - 1 cup pumpkin puree (peeled pumpkin pieces, boiled or steamed, drained then mashed fine)
  - 3/4 cup coconut oil (liquefied)
  - 1/2 cup coconut cream
  - 3 large or 4 small eggs

## KITCHEN BITS & PIECES

- 2 mixing bowls, sifter/sieve, measuring utensils, small round cake tin, small saucepan

## INGREDIENTS

### *Decoration*

- 1 small punnet fresh strawberries
- 1 tbsp cacao nibs
- 2 tbsp coconut oil
- 1 tbsp cocoa powder
- 2 tsp honey

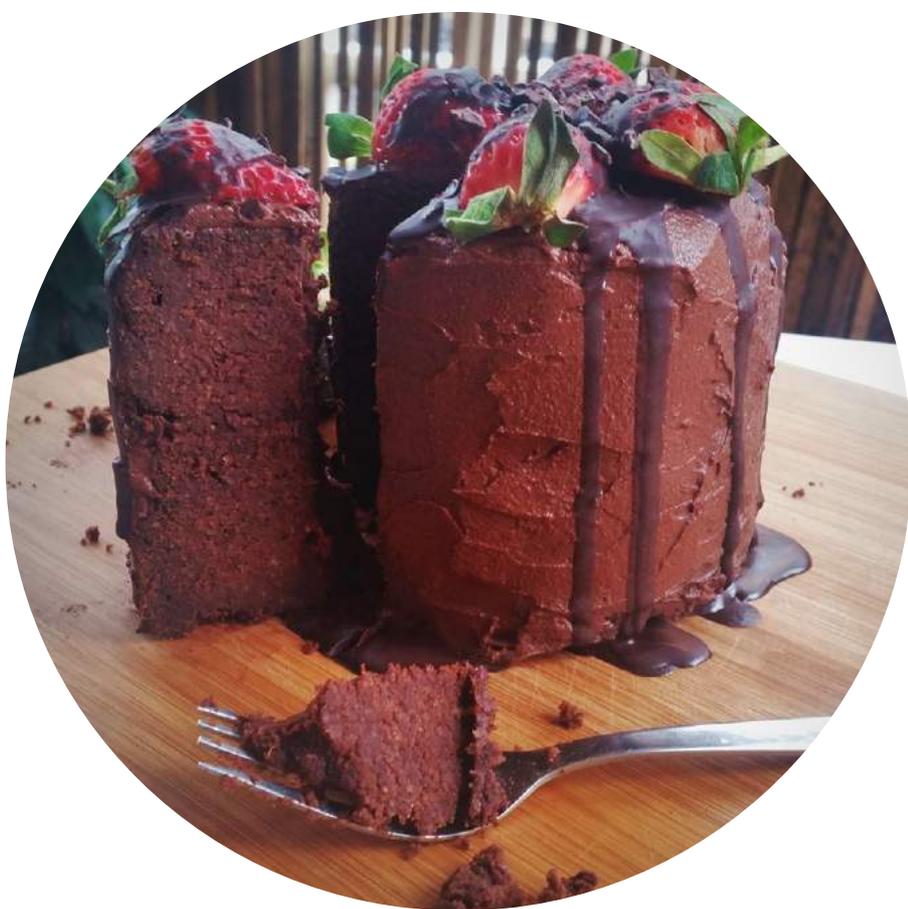
## METHOD

### *Cake*

1. Pre-heat oven to 180 degrees Celsius
2. Sift the flours, cocoa, bicarb soda and baking powder into a large mixing bowl
3. Add remaining dry ingredients and stir
4. In a separate bowl add all wet ingredients and whisk to combine
5. Pour wet ingredients into bowl of dry ingredients and stir with a wooden spoon until well combined
6. Transfer mixture to a round non-stick or paper-lined cake tin and place in the oven turning the timer to 20 minutes to check on the progress
7. Test the readiness by inserting a wooden skewer into the centre of the cake to the bottom then pulling it out. If it comes out with a lot of wet mixture on it then the cake needs to cook longer. Keep in mind it's a moist cake, you will end up with some cake mixture on the skewer. You don't want it to be too wet (i.e. raw) though
8. When the cake is cooked properly, remove it from the oven, carefully turn it onto a wire cooling rack and allow it to cool down completely

### *Decoration*

1. In a saucepan on the stove on very low temperature add coconut oil, cocoa and honey and stir until well combined and no lumps remain, then remove from the stove
2. While allowing the chocolate mixture to cool down slightly, prepare the other topping ingredients by slicing the strawberries in half, leaving the green tops on if you wish, placing the strawberries around the outside edge of the top of the cake (as pictured) then drizzle the chocolate mixture over, using a spoon. If some chocolate drips down the sides that's okay, it's a nice effect!
3. Sprinkle the cacao nibs over the surface as you wish then your cake is complete and ready to serve for a special birthday celebration!



# Pancakes with Caramel Sauce



## INGREDIENTS

### *Pancakes*

- 3 organic ripe bananas (brown spotty skin is best!)
- 1 cup green banana flour
- 1/2 tsp bicarb soda
- 1/2 tsp baking powder
- 1 tsp pure vanilla
- 2 tsp cinnamon powder
- 1 tsp nutmeg powder
- 3 large eggs
- 1 cup coconut milk
- Handful fresh Medjool dates, pitted and chopped to use as a garnish
- 1-2 tbsp coconut oil for cooking with

### *Sauce*

- 1 cup coconut milk
- 1/2 cup coconut sugar
- Pinch of salt

## METHOD

### *Pancakes*

1. Separate the eggs and place egg whites into a mixing bowl then use a whisk to combine and aerate until light and fluffy and soft peaks form
2. Sift the flours, spices, bicarb soda and baking powder into another mixing bowl and stir to combine
3. Place the egg yolks in another mixing bowl with all wet ingredients except for the coconut oil and dates. Use a whisk to combine well and to create bubbles
4. Combine the egg yolk mixture with the flour mixture and stir well to remove all lumps. This batter should be slightly runny but not quite as runny as regular pancake batter. Add a little bit of water or more coconut milk if needed to reach the right consistency
4. Using a silicon spatula or wooden spoon gently fold the egg whites into the pancake batter. You'll lose some of the airiness but a lot will remain and this will give the pancakes a lighter, fluffier texture once cooked. The thicker the batter, the taller and thicker the pancakes will be
5. Turn the stove to a low-medium temperature to heat up a non-stick fry pan. Add some coconut oil if you need extra help with the mixture not sticking
6. Using a jug with a pouring lip or a ladle, pour about 1/4 cup of batter onto the pan at a time, or more if you're after larger pancakes, then allow to cook on one side before gently flipping with a spatula. The edges will become dark brown due to the sugar in the banana; try to avoid them burning. You may need to reduce the temperature of your hotplate. You'll know after the first pancake (it may have to be the sacrificial pancake of the stack!) what temperature is needed
7. Use up the rest of the batter and place pancakes in a stack on a serving plate, then sprinkle the chopped dates on top

Now onto making the sauce to drizzle over the top... mmmm yum...

## KITCHEN BITS & PIECES

non-stick fry pan, whisk, measuring utensils, wooden spoon, spatula, 3 mixing bowls, medium saucepan



### Sauce

1. In a small saucepan on medium heat add all ingredients and bring to the boil
2. Reduce to the lowest temperature and let simmer for a couple of minutes until mixture thickens
3. Drizzle over a stack of pancakes and dig in!



mmm  
yum!



# Orange Cream Biscuit Sandwich

This creation didn't come from inspiration on the internet, from cooking shows on TV or in recipe books. The idea for this just came to me one day, like a light bulb moment, so I had a crack and it worked out exactly how I'd imagined! My partner Clint gave me the double thumbs up for it when he tried it so I knew it had to be included in this e-book!

## INGREDIENTS

### *Biscuit*

1/2 cup organic desiccated coconut

3/4 cup green banana flour

1/4 cup coconut flour

2 eggs

1 tsp fresh orange zest, a few drops pure orange essential oil, or ground dried orange rind

1 tsp pure vanilla

1/4 cup raw honey

1/2 cup liquid coconut oil

### *Cream filling*

3/4 cup coconut cream

1 cup organic desiccated coconut

or replace cream and desiccated coconut with 1 tbsp coconut cream and 3/4 cup creamed coconut/coconut butter (*I find the creamed coconut and coconut milk work best*)

1 tbsp pure grass-fed beef gelatin powder

1 tbsp raw honey

1 tbsp liquid coconut oil

2-3 tbsp pure organic orange juice

A few drops pure orange essential oil or 2 tsp ground dried orange rind

Optional: garnish with candied orange (orange rind or orange slices lightly fried in honey)

### KITCHEN BITS & PIECES

biscuit moulds or cookie cutters, baking paper, wooden spoon, blender or food processor, rolling pin

## METHOD

### *Biscuit*

1. Pre-heat oven to 170 degrees Celsius
2. Place all dry ingredients in a bowl and stir to combine well
3. Add wet ingredients and mix well with a wooden spoon to form a dough
4. Place dough on a sheet of baking paper on the bench top then use a rolling pin to flatten mixture to an even 1cm thickness, or slightly less  
OR  
Spoon mixture into biscuit moulds and press down to ensure dough fills the mould completely and evenly
5. Create an even number of individual biscuit shapes
6. Carefully transfer each to an oven tray lined with baking paper and bake for about 10-15 mins or until starting to brown on the edges but not too dark or the biscuits will be over-cooked and become too crumbly with a burnt taste
7. Once cooked remove from oven and allow biscuits to cool down



### *Cream filling*

1. Add all ingredients to a blender or food processor and mix well so desiccated coconut and/or creamed coconut is as smooth as possible. It may help to soak it in the coconut cream for a while first but if you have a good blender it shouldn't be an issue. If your mixture is too thick for the blender add a little more coconut cream at a time to get the blades moving again. You may need to use a spoon to loosen the mixture at the base from time to time. It's easier using creamed coconut than the desiccated coconut as there's much less blending and effort needed!



2. Spoon the mixture onto a sheet of baking paper and use another sheet and a rolling pin to flatten out to about the same thickness, or more, as the biscuit mixture
3. Transfer to the fridge and leave for 1-2 hours for the mixture to firm up
4. Remove from the fridge and use the same mould to make half the number of shapes as you did for the biscuits. You may want to use the same shape mould in a smaller size so your cream is smaller than the biscuits. The biscuits may have shrunk slightly (by a couple of mm) in the oven
5. Place a cream piece onto a biscuit piece, with another biscuit piece on top to create a 'sandwich'
6. If you have leftover cream, spread some over the surface of the top biscuit and garnish with candied orange

small or large  
it's your choice!



# Fudgy Chocolate Brownies with Custard

mmmm  
chocolate!



## INGREDIENTS

### *Brownies*

- 1/2 cup coconut cream
- 1/2 cup green banana flour
- 1/2 cup coconut flour (or swap this for another 1/2 cup green banana flour)
- 1/2 cup arrowroot flour
- 1 tsp pure vanilla
- 1/2 cup organic cocoa powder (more if you want a richer flavour)
- 1/2 cup pumpkin puree (homemade is best. Just peel fresh pumpkin, dice, boil until soft, strain then use a fork to mix until no lumps remain)
- 1/2 cup raw honey
- 1/2 cup liquid coconut oil
- 5 fresh Medjool dates

### *Custard*

- 1 400ml tin coconut milk
- 1-2 tbsp honey (depending on your taste)
- 1/2 tsp arrowroot powder
- 2 egg yolks
- 3/4 tsp pure vanilla (use paste if you don't want flecks of brown in the custard)

### KITCHEN BITS & PIECES

rectangle or square baking tin, double boiler (a proper set-up or use a suitably sized glass container over a saucepan), whisk, sieve, measuring utensils

## METHOD

### *Brownies*

1. Preheat oven to 180 degrees Celsius
2. Remove seeds and chop the dates quite small
3. Sift flours and powders into a large mixing bowl, add remaining ingredients and stir well to combine
4. Spoon mixture into a rectangle baking tray, either lined with baking paper or greased with coconut oil
5. Bake for about 30 minutes or until a knife or skewer placed in the centre comes out relatively clean (a little mixture on it is absolutely fine, it's a thick mix, but just not still raw in the middle is ideal)
6. Remove from the oven and allow to cool on the bench before removing from the tin and slicing

### *Custard*

1. In a small-medium saucepan add the egg yolks and whisk well then set aside
2. Pour coconut milk into another small-medium saucepan and bring to a moderate heat slowly
3. Before the coconut milk bubbles (it just needs to be warmed through), remove from the heat
4. One spoonful at a time add coconut milk to the egg mixture, whisking constantly. Add bit by bit, not too fast, otherwise the eggs might curdle
5. Eventually you can add the remainder of the coconut milk with no problems
6. Place that saucepan onto the stove; using low-moderate heat, add the honey, vanilla and arrowroot. Continue to whisk well for a few minutes until mixture thickens up a bit. Be sure to scrape the edges of the saucepan properly to prevent egg cooking too much on the bottom
7. It won't become incredibly thick unless you add more arrowroot to thicken it, but I find too much stays a tad grainy which isn't pleasant. You will see the mixture thicken up though and when it's ready, remove from heat and pour into a serving cup/jug.

**TIP:** IF you did happen to get some lumps/curdling happening on the bottom of the saucepan simply pour mixture through a strainer to remove the lumps, easily fixed!



# Strawberry Mousse Tarts with Chocolate Drizzle



## INGREDIENTS

*Base - makes about 4 tart bases*

1/2 cup desiccated coconut

3/4 cup green banana flour

1/4 cup coconut flour

2 eggs

4 fresh Medjool dates, de-seeded

1 tsp pure vanilla

1/4 cup raw honey or coconut syrup

1 tbsp arrowroot flour

1/2 cup liquid coconut oil + extra for coating tart shells

*Mousse*

1/2 cup coconut milk, frozen into ice cubes

3/4 cup fresh strawberries, leaves removed, roughly chopped + 4 extra strawberries

1/4 cup filtered/spring water

2 tbsp pure grass-fed beef gelatin powder

1-2 tbsp raw honey to sweeten

A few water ice cubes on hand + some boiled water

*Chocolate drizzle*

Option 1: plain chocolate block of your choice melted to become liquid

Option 2: coconut oil, cocoa powder, honey/coconut syrup, pure vanilla melted and mixed together well to become a chocolate sauce

## KITCHEN BITS & PIECES

high-powered blender, non-stick tart shells, small saucepan, whisk, piping bag or zip-lock bag with bottom corner cut, ice cube trays

## METHOD



### *Bases*

1. Pre-heat oven to 170 degrees Celsius
2. Combine all ingredients in a bowl and stir to combine
3. Coat non-stick tart shells with a little bit of coconut oil to ensure no sticking
4. Press mixture into shells, to about half a centimetre high, using fingers or the back of a spoon to flatten and even out on the bottom and along the sides
5. Place in the oven and cook for about 15-20 minutes but check at the 10-minute mark in case you have a hotter oven or that the edges of some tart bases are browning faster than others. Move them around as needed, continue cooking if needed, or remove if ready. You'll know they're cooked thoroughly when the base and edges have browned but are not too dark (close to or already burnt)
6. Allow to cool then gently remove the bases from the shells by turning over one at a time onto the bench, cooling rack or onto your hand. They should come out easily and not break or crack.



## METHOD

### *Mousse*

1. In a small saucepan add the water then gently sprinkle the gelatin powder over the surface. The gelatin granules will absorb the liquid and soften. If you did this in a container simply spoon into a saucepan once bloomed/softened



2. In the meantime add to a blender the strawberry pieces, coconut milk ice cubes and honey



3. Turn the stove temperature to medium to slowly start heating up the gelatin and water, whisking to ensure gelatin doesn't settle and harden on the bottom



4. Once the mixture is quite hot (steaming or lightly simmering, it doesn't have to be raging boiling) and all gelatin granules have dissolved, pour into the blender and turn the blender to high to thoroughly mix and remove all lumps

5. A few factors can determine how well the mousse turns out: the speed of your blender, the temperature in the kitchen and luck! You're after a well-combined, creamy, slightly runny mixture to then pour into the completely cooled bases. If the mixture starts setting inside the blender and becomes thick too quickly, simply add a little bit of boiled water and blend again until you reach the right consistency. If the mixture is as runny as water then add another ice cube and blend again. A slightly runny mixture is needed so when you pour it into the bases it sets evenly in the fridge. The set mousse will contain air bubbles even though it was poured into the tarts as a slightly runny mixture

6. Pour the mixture into the cooled bases then place in the fridge to set for around 45 minutes

7. In the meantime get the chocolate drizzle ready by either melting down some of your favourite block of plain chocolate or melting down coconut oil, cocoa and honey then spooning into a piping bag or a zip-lock bag with a very small hole cut in a bottom corner

8. Once the mousse has set remove the tarts from the fridge, slice the remaining strawberries from the bottom to just before the leaves/top then fan out gently, place one on each tart, then simply drizzle the chocolate liquid right across the top of the tarts to garnish.



## TIPS

- If you don't have a high-powered blender you might want to blend the strawberries and honey first so there are no chunks of strawberry, otherwise when you blend them with the frozen coconut milk and hot gelatin liquid, the mixture might start 'moussing' (setting) before all strawberry pieces have blended properly.



- Don't wait too long to serve and eat on a hot day! Dishes like this with gelatin in them melt easily in the heat, so be sure to serve just before eating so the mousse doesn't melt and run.

- Swap the strawberries for other flavours such as chocolate using cocoa then sprinkle cacao nibs on top to garnish, make coffee and coconut mousse, use other fruits such as mango, add mint. Be creative and make flavours you enjoy!





# Carrot Cake with Lemon Frosting

## INGREDIENTS

### *Cake*

3 cups grated organic carrot  
4 eggs  
1 cup blanched almond meal  
1 cup green banana flour  
1/2 cup walnuts, roughly chopped  
1 tsp baking powder  
1 tsp bicarb soda  
2 tsp apple cider vinegar  
1 tsp salt  
1 tbsp orange juice  
1 cup organic plump raisins or sultanas  
1/2 cup raw honey  
3 tsp pure vanilla  
1 tbsp cinnamon powder  
2 tsp nutmeg powder  
2 tsp All Spice powder  
2 tsp ginger powder  
1/2 cup liquid coconut oil

### *Frosting*

4 tbsp creamed coconut / coconut butter  
4 tbsp raw honey  
Juice of 1 large lemon

### *Garnish*

Grated rind of 1 small orange  
Grated rind of 1 lemon  
Handful walnuts finely chopped  
About 2 tbsp raw honey  
(double these quantities to cover more surfaces of the cake)

### **KITCHEN BITS & PIECES**

20 or 23cm round cake tin, stick blender and jug, small non-stick frypan, mixing bowls, grater or zester, wooden spoon

## METHOD

### *Cake*

1. Place the raisins/sultanas, grated carrot, honey, spices and juices in a container, seal with a lid or plastic wrap and leave in the fridge for a few hours or overnight so the flavours infuse into the raisins and carrot
2. Preheat oven to 180 degrees Celsius
3. Sift flour, bicarb, baking powder and almond meal into a bowl then add remaining ingredients, including the carrot and raisin mixture from the fridge, and use a wooden spoon to stir until all ingredients are thoroughly combined
4. Transfer batter to a cake tin greased with coconut oil then bake in the oven for approximately 40 minutes or until edges are browning but not burnt, and when a wooden skewer inserted into the centre comes out mostly clean. It is a moist cake so some cake on the skewer is fine, as long as it's not showing wet/raw batter
5. Once cooked, gently turn over onto a cooling rack to allow the cake to cool completely

### *Frosting*

1. Add all ingredients to the stick blender jug and blitz on high speed until thoroughly mixed. It shouldn't take long for all lumps to be removed
2. Once the cake has completely cooled, spread the frosting evenly around the edges and over the top

### *Garnish*

1. In a small non-stick frypan add the honey, the lemon and orange rind then cook on a medium temperature for a couple of minutes, stirring often, ensuring the mixture doesn't burn. Keep an eye on it and turn the temperature down if needed
2. Once the honey has reduced, add the walnuts and stir
3. Remove from the pan and allow to cool before sprinkling over the top of the cake and around the edges if you wish
4. Serve

the aroma  
is incredible!



## TIP

**For a nut-free version** that's still moist and soft leave out the almond meal, add in another 3/4 cup green banana flour, separate the eggs, add the yolks to the batter, whisk the whites separately then gently fold them into the batter. This will allow the cake to rise and become fluffy without drying it out, much like nut meal does.

Also, leave out the walnuts. You won't end up with exactly the same flavour and texture but it'll still be a delicious carrot spice cake with lemon frosting!



absolutely  
scrumptious

A loaf of banana bread and a slice are shown on a wooden surface with a burlap mat. The loaf is on the left, and a slice is on the right. The background is a wooden wall. A white circle with a dotted border is centered at the top, containing the text "Banana Bread" in blue.

# Banana Bread

## INGREDIENTS

- 4 eggs
- 4 large ripe organic bananas (brown spots on the skin gives more sweetness)
- 1 tsp pure vanilla
- 1-2 tsp cinnamon powder (to your liking)
- 5 fresh Medjool dates, seeds removed and diced
- 1 cup green banana flour
- 1/2 tsp baking powder
- 1/2 tsp bicarb soda
- 1 tsp apple cider vinegar
- 1/2 tsp salt
- 2 tbsp liquid coconut oil or ghee (ghee creates a richer flavour)
- + extra for greasing the pan



**Note:** double the quantities to make a large loaf to fill a regular size bread tin)

## METHOD

1. Pre-heat oven to 170 degrees Celsius and grease the bread loaf tin with coconut oil or ghee, or line with baking paper to prevent sticking
2. Place all ingredients, apart from the dates, into the food processor and blitz on low speed until all ingredients are combined. Remove blade from food processor and add the dates, stirring them in evenly with a wooden spoon
3. Pour batter into the loaf tin and place in the oven to bake until lightly browned and when a wooden skewer inserted into the centre comes out relatively clean. Depending on your oven this may take around 40 minutes
4. Remove from the oven and turn over onto a cooling rack to cool then use a bread knife to slice and serve



## TIPS

- If you'd prefer there to be chunks of banana throughout the loaf then don't add them to the food processor until the rest of the ingredients have blended to form the batter. Add them at the end and only give them a short blitz
- This bread (in slices) freezes well
- It's delicious eaten cold, or heated up by frying in some ghee... YUM!

## KITCHEN BITS & PIECES

A regular size loaf tin, food processor, baking paper



# Apple Blueberry Crumble

## INGREDIENTS

### *Crumble - makes 2 serves*

- 1 tbsp ghee
- 3 tbsp desiccated coconut
- 3 tbsp green banana flour
- 2 tbsp raw honey

### *Fruit*

- 2 organic apples, peeled and chopped (red or green)
- 3/4 cup organic blueberries (fresh or frozen)
- 1 tsp pure vanilla
- 1/2 - 3/4 cup filtered/spring water
- Optional: cinnamon powder, nutmeg, honey

## METHOD

### *Crumble*

1. Place all ingredients in a frypan or saucepan on low heat, cooking with regular stirring to break up large chunks while ensuring none of the mixture burns. Reduce the temperature if needed
2. Once it appears dark brown but just before any almost-black colour appears, and is crunchy (try a small amount with a spoon, but be careful it'll be hot!), remove the pan from the heat

### *Fruit*

1. Place all ingredients in a saucepan on low-medium heat and stir well
2. Sit the lid on top with a slight gap for steam to escape and allow it to stew for a few minutes until the apple pieces are cooked through and soft and when there is no longer any water remaining
3. Once the fruit is ready, spoon it into serving bowls and spoon the crumble mixture on top
4. Serve with some homemade Paleo ice-cream or custard





# Christmas Ginger Biscuits with Coloured Icing

## INGREDIENTS

### *Biscuits*

3/4 cup green banana flour  
1/2 cup coconut flour  
2 tbsp arrowroot flour  
1/2 tsp bicarb soda  
1/2 tsp baking powder  
1/2 tsp salt

2 tbsp ginger powder  
1 tsp nutmeg powder  
2 tsp cinnamon powder  
1/2 tsp pure vanilla  
2 tbsp raw honey  
3 eggs  
4 tbsp liquid coconut oil

### *Icing*

Use the same method for making the cream filling and the icing in previous recipes, using creamed coconut/coconut butter and honey; also adding beetroot water or spinach water to the mixture to create Christmas colours.

To create naturally coloured red water gently boil a few strips of peeled beetroot in about 1/2 cup water. Do the same for making green by adding a small handful of spinach leaves to 1/2 cup of water and boil for a couple of minutes. The more beetroot or spinach you add, the deeper the colour.

Allow the liquid to cool for a few minutes then thoroughly mix into the icing. Use a piping bag to draw onto biscuits or spread on a thin layer with a knife.



making colours  
naturally



**KITCHEN BITS & PIECES:** Large mixing bowl, wooden spoon, sieve, small saucepan, stick blender and jug, plain shape and/or Christmas cookie cutters, rolling pin

## METHOD

### *Biscuits*

1. Pre-heat oven to 160 degrees Celsius and line an oven tray with a sheet of baking paper
2. Sift dry ingredients into a large mixing bowl and stir well
3. Add eggs, honey and coconut oil and stir to combine
4. Let the mixture rest for a few minutes for the flours to absorb the liquids. The dough should then have a slight wetness to it and hold together well when you roll some up into a ball in your hands. If it's too dry either add an egg yolk or more coconut oil. An egg yolk is preferred so the mixture binds well and doesn't end up too greasy
5. Place a sheet of baking paper on the bench, tear another piece, place dough in the centre of one with the other sheet sitting on top, then use a rolling pin to flatten to about 0.5 cm - 1 cm thickness
6. Remove the top sheet then press cookie cutters into the mixture to create shapes, using your fingers or a blunt-edged utensil to remove dough from the outsides then gently transfer each shape to the oven tray on top of the sheet of baking paper  
These biscuits won't spread too much while cooking but leave a gap of 1-2 cm between each to avoid them joining together
7. Place the tray in the oven and bake for 20-30 minutes, depending on your oven, until the biscuits have darker brown areas. Your oven may not cook them completely evenly so you may want to check on the batch after 10 minutes and move them around as needed
8. Once the biscuits are all cooked, remove them from the oven and transfer to a cooling rack and allow to cool
9. Decorate the biscuits with the icing and serve

**Note:** these may last a couple of days in a container in the pantry but if put in the fridge they will soften and the icing may dry out. They're best served the day they are made.



# Thank you!

This marks the end of this e-book and all the sweet green banana flour recipes I have! But don't worry, I'll continue to experiment with this ingredient in the kitchen and create new recipes that I'll aim to share with you in another e-book down the track. So stay tuned!

Thank you so much for purchasing this e-book, I hope you enjoy making and eating the recipes in it, and find a lot of benefit from consuming green banana flour!

Aimee x

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happy  
cooking!