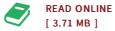




The Best 50 Banana Recipes

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.



Reviews

It in one of my personal favorite publication. It is actually rally fascinating throgh reading through period of time. Its been printed in an extremely basic way in fact it is just after i finished reading through this ebook by which basically transformed me, change the way in my opinion.
-- David Weber

A new electronic book with a new point of view. it was writtern extremely completely and beneficial. Its been written in an extremely straightforward way in fact it is simply following i finished reading this publication through which really altered me, alter the way i really believe. -- Dr. Florian Runte

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