

Green Banana Powder

Green banana is naturally rich in Resistant Starch and is also rich in minerals such as Potassium and Magnesium



Physical & Chemical Properties

Total Starch	>50%
Resistant Starch	>35%
Dietary Fiber	>5%
Potassium	NMT 15000 ppm
Magnesium	NMT 750 ppm
Moisture content	<5%

Sensory Information

Colour	Light yellow/white/cream
Appearance	Free flowing powder

- Parts used: Whole Green Banana
- Initial results from a few trials. Trials are still ongoing for various iterations (process parameters & upstream variables)

Reported Benefits

Mineral Enrichment

According to nutritional literature, Potassium is good for the nervous system and reducing blood pressure.

Gluten-free Flour

It can be used as a gluten free flour or in baking mixes.

Fat Replacement

It can be used to replace fat up to a certain proportion without impacting the functionality of end use applications. Can also be used as a low-carb replacement

Source of Resistance Starch (RS)

RS has low glycemic index and increased insulin sensitivity which helps to manage sugar levels. Also, helps to burn fat and manage weight. RS also acts as a prebiotic to improve gut health.



Potential Applications



NATURALLY GLUTEN-FREE & GRAIN-FREE

It is a good source of dietary fiber (resistance starch) & minerals, thus can help to enhance nutritional profile of several food products.

MUFFINS / CAKES

Green Banana Powder with its strong **binding properties** can provide binding activity similar to gluten.

CEREAL BAR

In order to make cereal bars, ingredients are required which provide adequate **binding**. Green banana flour provides binding capacity and increases the nutrition content.

EXTRUDED SNACK

With advancement in technology extruded snacks need not undergo deep frying process which was not the case earlier. Due to the high **starch content** and natural taste it has shown that it is favourable ingredient for extrusion process.

PASTA

Pasta with green banana powder can achieve similar appearance, aroma, flavor, and overall quality and less amount of lipids.

FAT REPLACER IN CAKES

It is feasible to substitute fat with Green Banana Powder to produce low fat cakes with very little impact on acceptance and sensory characteristics.

BREAD FORTIFICATION

Partially replacing wheat flour with green banana powder can increase the resistance starch and minerals content which will improve overall nutrition of bread.