

Banana Powder

8 average size bananas make about 5 cups of banana paste



Ingredients

Bananas

Directions:

1. Peel the bananas and add to the blender
2. Blend until smooth, adding water as needed to make a smooth paste
3. Add parchment paper to your trays
4. Spread the banana paste evenly on the tray
5. Pre-freeze when possible
6. Freeze-dry (my cycle time was 39 hours)
7. Powder in blender or food processor
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

This is meant to be used as a powder. Use banana powder as a sweetener or in smoothies.

Notes:

You could rehydrate and use it for baby food mixed with other freeze-dried powders.

Nutritional Value Per 1 medium banana

Calories: 115 Protein: 1 g Fat: 0 g Carbohydrates: 27 g Sugar: 14 g Fiber: 3 g