



Banana flour can be made into composite flour with several flours such as wheat, sorghum, maize, groundnuts, legumes (e.g. KALRO high iron and zinc beans, soya, and chickpea), cassava and orange-fleshed sweet potato (OFSP)

The flour may be used to make products such as cakes, breads, biscuits, *mandazi*, chapatti, etc. It is also a useful ingredient for making baby-weaning porridge. Banana flour is also used to make sauce and as a soup thickener.



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## Making Banana Flour





## Introduction

Banana flour is a powder made from green bananas. There is limited utilization of cooking banana and while its flour has more nutrients than maize flour. Use of banana flour reduce over-reliance on maize for flour thus contributing to Food and nutritional security. Diversification of banana food products enhance consumption of banana, and demand thus spur increased production.



Banana flour in airtight containers

## Ingredients

- High-quality green banana

### Equipment

- Vegetable slicer
- Tarpaulin for drying
- Solar dryers or any drying equipment
- Hammer mill

## Processing method

1. Remove green bananas from the bunch.
2. Steam for 10-15 minutes. This eases the peeling operation, reduces discolouration, and retains tannins.
3. Peel slices into small pieces (1 cm thickness).
4. Immerse into a suitable preservative (e.g. 0.5% citric acid).
5. Solar-dry or sun-dry on the rack or at 60°C drying chamber for 24 hours or until 10% moisture content is achieved.
6. Mill in any ordinary *posho* mill (e.g. the one used for milling maize). The flour is ready for use.
7. Pack in airtight containers and Kraft paper.

