

Cool bananas!

The most common fruit in any household is most certainly the humble banana. This is the most versatile fruit in the world and can be used for several things including its skin for home remedies.



Whats the health benefits?

1. Bananas are respectable sources of vitamin C.
2. Mangansese in bananas is good for your skin.
3. Potassium in bananas is good for your heart, health and blood pressure.
4. Bananas can aid digestion and help beat gastrointestinal issues.
5. They are a great source of energy and keeps you full for longer than any other regular fruit.

**Chefs tip: In baking, eggs can be replaced with bananas and it provides the same function. It keeps the cake or muffins you bake moist and soft.**



**By Executive Chef Eagan**

