

Facts: A Banana Tree is not a Tree, It's a Plant.

Banana Root-Believe it or not, the root of a banana can actually help alleviate toothaches. All you have to do is take the root, clean it, boil it with a lot of salt for 15 minutes, and then gargle it in the morning.

Banana Stem-Is rich in fibre, banana stems are edible and tasty. Banana stem combines the goodness of potassium and vitamin B6, helping to combat cholesterol and high blood pressure. It's favoured in Ayurvedic diets for its detoxification properties and is also one of the best known diuretics. It's been known to prevent and treat kidney stones.

The banana leaf can be used for cooking, packing, and decorating because it's a good heat conductor, flexible, and waterproof. Food that's cooked in a banana leaf has a unique flavour.

You probably know different dishes and recipes that bananas are a part of. But did you know that different ripeness levels of banana do different things to your body?

- **Raw bananas** can help with gastritis because they contain Tannin that helps coat the intestine.
- **Underripe bananas** can help with diarrhoea. You may have heard that bananas have a lot of potassium, but the banana loses that potassium as it gets more ripe.
- **Perfectly-ripe bananas** can help with constipation. Bananas contain fiber that allows your body to digest easier by aiding the intestine.
- **Overripe banana** may help prevent cancer by creating immunity and building new white blood cells.

The blossom of the banana tree has many benefits including reducing the sugar level in the blood, which reduces the risk of diabetes.

Banana peels contain vitamin C and vitamin E and they also contain potassium, zinc, iron, and manganese. These nutrients can calm inflamed skin and reduce acne outbreaks. Furthermore, banana peels contain lutein and carotenoids which are fat-soluble compounds that help fight inflammation and acne breakouts

Some fun recipes to try out

Banana Peel Fried

Ingredients

- The peels of 2 bananas, cut in half
- The juice of 1 lemon or lime
- Salt to taste
- 1 teaspoon of finely chopped garlic
- 2 cups of water
- Fresh chopped herb.
- Pepper.
- 3 tablespoons of all-purpose flour plus one more cup
- 2 tablespoons of potato starch or any other starch of your preference
- 1 cup of breadcrumbs
- Milk/Water

Banana Skin & Coconut Curry

Ingredients

- 2 banana peels
- 3/4 tsp turmeric
- 1 onion
- A thumb of ginger
- 1-2 chillies
- 1 tbsp coconut oil
- 2 tsp black mustard seeds
- 1 tbsp dried curry leaves
- 2 tsp cumin seeds
- 1/4 tsp freshly ground pepper
- 50g desiccated coconut
- A pinch of sea salt
- 300ml cold water

Method

1. Wash the whole bananas in running water
2. Peel the bananas, add them to the marinade with lime, salt, garlic , spices and let them in the fridge for as long as you wish.
3. Mix the flour, starch, herbs, pepper and other spices as needed and For extra crunchiness add a few drops of lemon and 1/4 teaspoon of baking soda.
4. On another plate, add the 1 cup of flour and in another plate add the breadcrumbs. With and seasoning of your choice
5. Then take the banana peel, place in the flour batter, cover it all with the batter, place it in the flour, cover both sides, place it in the batter again then in the breadcrumbs, fry them for 3 minutes each side or until golden brown

Kele ki Sabzi (Raw Banana Veg)

Ingredients

- The peels of 2 bananas peel and diced
- The juice of 1 lemon or lime
- Salt to taste
- 2 cups of water
- Thymol seeds
- Chillies chopped
- Fresh chopped coriander.
- Pepper.

Method

1. Heat oil in a heavy-based pan
2. Add thymol seeds and chillies.
3. Once the chilli darkens a bit, add the banana
4. Lower the heat, add salt, let it cook covered till it turns tender
5. Mix in the lemon juice and serve garnished with coriander leaves.

Method

1. Pop the banana skins in a bowl with ¼ tsp of the turmeric and soak for at least 30 mins, or for a few hours
2. Finely slice the onion. grate the ginger. Finely chop 1-2 chillies, depending on how spicy you like your food.
3. Drain the banana skins and finely slice them, chopping off any woody ends or very black spots.
4. Melt 1 tbsp coconut oil in a deep frying pan over a medium-high heat. Add the mustard seeds, curry leaves, cumin seeds and black pepper with the remaining turmeric and sizzle, stirring. for 30 secs. Add the ginger and chilli and sizzle, stirring, for another 30 secs.
5. Add the onion and banana skins and the desiccated coconut with a pinch of salt. Cook and stir for 2-3 mins

Mangalore buns (Banana Bun without oven)

Ingredients

- 2 bananas, ripened
- 1 or 2 tbsp sugar
- ¼ cup yogurt
- 1 tsp cumin
- pinch of baking soda
- 2 cup plain flour / all-purpose flour
- Salt to taste
- oil for deep frying

Method

1. Firstly in a large mixing bowl take 2 ripened banana. if your having over ripened banana (black) it works great.
2. add in 1 or 2 tbsp sugar depending on the sweetness of banana.
3. mash smooth with the help of fork. but do not blend
4. now add ¼ cup curd, 1 tsp cumin, pinch of baking soda and ½ tsp salt and combine well with a help of spoon
5. add flour and prepare dough.
6. knead for 5 minutes or till dough turns smooth and knead for 5 minutes or till dough turns smooth and cover and rest in warm place for 8 hours.
7. next day, knead the dough slightly and pinch a ball sized dough and roll it slightly thick and deep fry in oil

Anyone can make food to fill your stomach, but only the one with real skill can satisfy a mind (or heart with cooking)