

## SUPER FOODS

## GOING BANANAS



The humble banana — widely available and the superfood of choice of all health-conscious people. Have it for breakfast and get an instant energy kickstart for the day!

Number wise- this superfood packs it all: a single banana contains 90 calories. About 100 grams of food, it contains 0.3g of fat, zero cholesterol (!), 1 mg salt, about 360 mg potassium, 2.6g dietary fibre, 12g sugar and 1.1g protein.

**THE HIGH FIBRE CONTENT**

Bananas are loaded with fibre, both soluble and insoluble. The soluble fibre slows down digestion and keeps the body feeling full for a longer time.

**HEART HEALTH**

Food rich in fibre are widely believed to be beneficial to the heart. According to a study by University of Leeds, UK increasing consumption of fibre-rich foods such as bananas can lower risk of both cardiovascular disease (CVD) and coronary heart disease (CHD).

**HIGH SOURCE OF POTASSIUM**

Potassium as a mineral is known for its numerous health benefits —it helps in regulating heartbeat, blood pressure, and keeps the brain alert. The high content of this mineral in bananas is one of the reason to call it a superfood.

**HELPS FIGHT ANAEMIA**

Anaemia is a condition where there is a decrease in the number of red blood cells or haemoglobin in the blood due to iron deficiency. As bananas have a high iron content, they are prescribed for people suffering from anaemia.

**PICKING THE BEST BANANAS**

Getting the best of this superfood starts from selecting and buying the best, it can be a bit tricky, but it's no rocket science!

\*If you are buying by the dozen, make sure you pick slightly firm bananas so that they last you at least 4-5 days without spoiling.

\*Bananas tend to ripe really quickly, which is why after a while the peels turn black while the flesh become gooe. A smart thing to do would be to buy in smaller quantities and enjoy them fresh.

\*Look for fruits without any blemishes or squishy spots.

\*Do not store them in the refrigerator.

To include more of this superfood in your diet in a yummy version, try out these recipes.

**NO BAKE BANANA BREAD BLONDIES****Ingredients**

½ cup mashed banana (about 2 medium ones)  
½ cup coconut flour, sifted or shredded and dried coconuts  
¼ cup nut butter (peanut, almond or cashew)  
¼ cup maple syrup (or any other sticky sweetener)  
Chocolate chips (optional)

**Method**

In a mixing bowl, combine the banana and coconut flour mix well; this should have a crumble texture.

In a microwave safe bowl or stovetop, melt the nut butter with liquid sweetener and pour into the dry mixture. Mix until fully incorporated and a thick batter is formed. If batter is still too thick, add an extra tablespoon of nut butter/sticky sweetener. Add chocolate chips if

desired.

Transfer batter to a lined container or small baking tray and refrigerate for 10-20 minutes, until firm. It can also be frozen briefly. The Blondies can be kept at room temperature but best refrigerated or frozen.

**JOWAR BANANA CAKE WITH SALTED CARAMEL SAUCE**

Serves 4

Prep time: 10 Minutes

Cook time: 1 Hour

**Ingredients**

For the cake —

1 ripe banana  
½ cup butter/oil  
½ cup brown sugar  
¾ cup jowar flour  
2 tbsp wheat flour  
½ tsp cinnamon powder  
1 tsp baking powder  
A pinch of salt

2 large eggs

¼ cup milk

For the salted caramel sauce —

¾ cup sugar  
200ml double cream  
2 tbsp butter, ½ tsp salt

**Method**

Pre-heat the oven at 100 ° Celsius. Grease a 6-inch baking tray with a little oil and line with a butter paper. Keep aside. Melt butter in a double boiler and let it cool. Peel and mash the banana in a mixing bowl. Add melted butter to it and whisk well. Add the sugar, little at a time, and continue whisking.

In a separate mixing bowl, whisk the eggs until light and fluffy. Add to the banana mixture and mix well.

Sift together the jowar flour, wheat flour, cinnamon powder, baking powder and salt in a bowl. Add it, one teaspoon at a time, to the banana and egg mixture. Fold carefully to acquire an even mixture without any lumps.

Add the milk to make a smooth batter. It should not be too thick or too runny.

Bake in the oven at 150° Celsius for 20-25 minutes or until a skewer inserted at the centre comes out clean. Remove from the oven and let it cool

**FOR THE SALTED CARAMEL SAUCE**

In a mixing bowl, whip the cream and butter until light and keep it aside. Place the sugar in a large pan over low heat and allow it to melt. You can shake the pan slightly from time to time to evenly melt the sugar. After 4-5 minutes, the sugar will start acquiring a brown colour. Keep a strict watch because it happens rather rapidly.

Once it turns an amber brown colour, remove from the flame and carefully add in the cream and butter mixture. Stir well so that the ingredients combine together and return to the flame.

Stirring continuously, let the mixture thicken to a sauce-like consistency. Add in the salt and stir again to mix well. Remove from the flame and let it cool.

**To serve**

Slice the banana cake and serve warm topped with salted caramel sauce.

By Iris Farina

Photo: Collected

Dr. Jhumu Khan's  
Laser Medical

First time in  
Bangladesh

BETTER  
FASTER  
SMOOTHER

DEKA Intelligent Technologies:  
Experts from the Starts

- Synchro REPLA:Y**
- ◆ Hair Removal
  - ◆ Vascular Treatments
  - ◆ Benign Pigmented Lesions
  - ◆ Non-Ablative Skin Rejuvenation
  - ◆ Pseudofolliculitis Barbae (PFB)
  - ◆ Onychomycosis

New : Alex at 5 Hz!

**DEKA**

The Code of Excellence

**Dr. Jhumu Khan**

MBBS (DMC), DCD (UK),  
MSc(Germany) Board Member WOCPM,  
Diplomat (WOSAAM) Dermatologist, Anti aging  
& Regenerative Medicine Specialist

NEW LOOK NEW LIFE

Gulshan  
01711660938

Dhanmondi  
01727001199

Uttara  
01954333888

f/lasermedicalcenter | lasermedicalbd.com