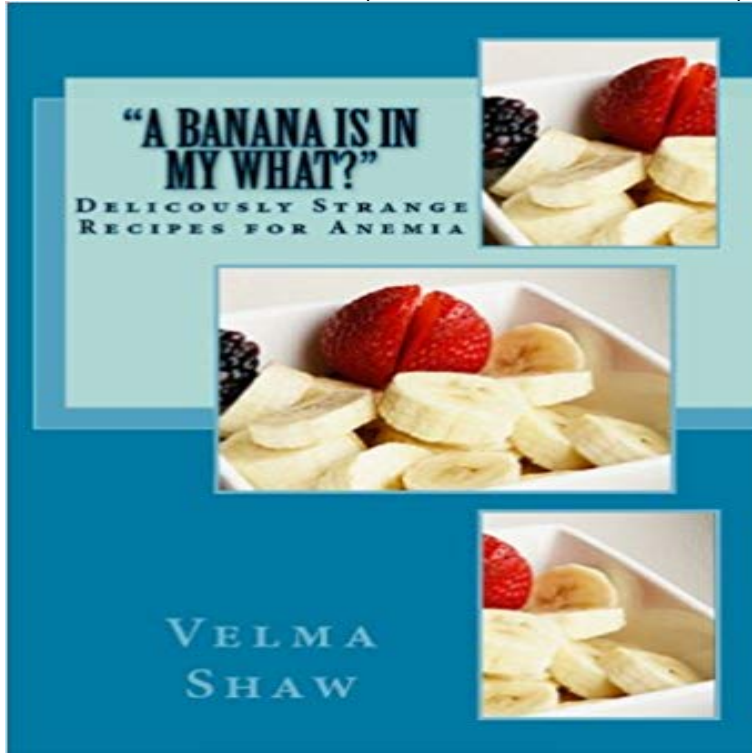


A Banana Is In My What? Deliciously Strange Recipes for Anemia



A Banana Is In My What Recipe Book is geared towards individuals who has Anemia (IDA) or one who just love bananas or individual curious about the sunshine fruit. This book contains more than 30 delicious whole foods recipes with a special ingredient bananas. The dishes would be consider unique here in USA, for example; banana peels in a dish but the taste of these meals, desserts and drinks are exceptionally tastebud teasing. Each one is packed with protein, fiber, vitamins, minerals, and essential fatty acids to help anyone balance their nutritional intake. In addition to recipes, this cookbook provides up-to-date nutritional information. It also contains the health benefits as well as an aid to why the banana is such a world wide favorable fruit.

Oak Ridge, Tennessee info@makeoree.com 865.375.4656

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