



# Serving suggestions

## BANANA

### Bananas Flambé – Serves 6

1 x 100g packet of Dry-It Dried Banana  
1 cup white desert wine  
½ cup water  
¼ cup brandy

1. Add bananas, wine and water to pan and heat over moderate flame.
2. Reduce and rehydrate for 10 -15 minutes until the liquid becomes a syrup. Remove from heat, add brandy and ignite.
3. Allow the flame to dissipate and serve over good quality vanilla ice cream.

### Banana-Nut Pancakes - dairy free

Makes 12 to 14 pancakes

Canola oil, for pan  
2 cups whole wheat pastry flour  
1 teaspoon baking powder  
¼ teaspoon baking soda  
¼ teaspoon fine sea salt  
1-¼ cups plus 2 tablespoons soy milk  
¼ ~ ⅓ cup dried bananas (equivalent to 2 large very ripe bananas)  
½ cup warm water for rehydration (retain water)  
3 tablespoons canola oil  
½ cup (2 ounces) chopped pecans



1. Chop finely and rehydrate banana with ½ cup of warm water for 15 minutes.
2. Preheat pan or large skillet over medium heat. Lightly brush with oil. Preheat the oven to low.
3. In a medium bowl, whisk the flour, baking powder, baking soda, and salt until combined and make a well in the center.
4. In another medium bowl, whisk all the soy milk, the bananas with retained water, eggs, and oil until well combined. Pour into the well and stir until smooth; there can be a few little lumps remaining. Stir in the pecans. Let stand for 5 minutes.
5. Using ¼ cup batter for each pancake, pour the batter onto the griddle. Cook until the edges of the pancake appear dry and the underside is golden brown, about 3 minutes. Check the edges and use a pancake turner to peek at the under-side. Flip the pancakes and cook until the other side is golden, about 2 minutes.
6. Keep warm in the oven while preparing the rest of the pancakes. If the batter thickens too much upon standing, thin with additional soy milk. Serve warm.

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