

Banana Flour

Invention summary:

The technology, for producing banana flour from fully matured green banana for use in different food products as a gluten free alternative, replacing wheat flour in different compositions

Technology overview:

Banana is consumed as a fruit in worldwide and Sri Lanka has a significant amount of banana production and cultivation. Post harvest losses of banana are comparatively high. Banana flour is a gluten free replacement to wheat flours. Matured green banana contains up to 70% of starch on dry basis. The properties of banana flour derived from locally grown varieties were tested for different flour properties which will affect the textural attributes of the products. The tested parameters were particle size distribution, maximum viscosity, swelling power and solid loss. The suitability of different banana varieties for different products was evaluated. Banana flours with low maximum viscosities are suitable for bakery products while flours with high maximum viscosities can be used in desserts. Different bakery products were developed replacing different percentages of wheat flour. The quality of the developed products suggests the potential of using banana flour as a gluten free alternative to wheat flour in food product development in Sri Lanka.

Potential application:

To fulfill the demand of health-conscious consumers who wish to consume healthy food without changing their diet or dietary habits

Advantages of the product:

- Contain dietary fibers including resistant starch
- Gluten free and suitable for those who are suffering from Celiac disease
- Benefit the farmers those who cultivate Banana varieties

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