

# Freeze Dried Banana Peel Powder

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## Ingredients

Fresh Banana Skin, not too ripen

Dry Ice

## Equipments

Freezer Bags

Cooler

## Direction

1. Thoroughly rinse banana peel
2. Pat dry banana peel
3. Lay banana peel in a single layer, inside a freezer bag.
4. Alternate the banana peel filled bag with dry ice in a cooler leaving the lid open
5. Store the opened cooler in a freezer for 6 hours
6. Close the cooler's lid, freeze for 24 hours further
7. Open the lid, check the banana peel. Thaw a small piece, if it turns black then repeat process 4-6
8. Once banana peel is properly dried, grind to powder
9. Keep in an airtight container for up to 2 years

## Usage

The banana peel powder can be used as a superfood additive in smoothies, desserts, and many more. It is rich in fiber, vitamin C, vitamin B-6, vitamin B12, potassium, and magnesium. Banana peel also contains tryptophan and lutein, both are very beneficial for health.

